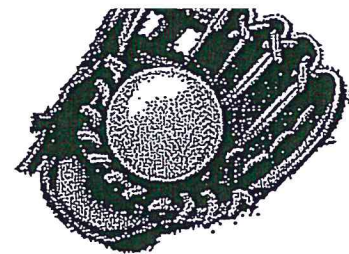


CHAPTER

7

SPORTS Safety Guidelines

- Sports Specific Guidelines



Cleveland Metropolitan School District

Interscholastic Athletics Department

BASEBALL SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

BASEBALL SAFETY GUIDELINES

The Cleveland Senate League recommends that all baseball coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. Emphasis must be applied to flexibility and strengthening of the throwing arm, shoulders and legs, all of which sustain great stress in baseball. Stretching activities should precede all baseball practices for joint flexibility and muscular elasticity. The coach should provide a continuing and progressive training program to advance the athlete's tolerance to fatigue; he should be aware of increased chances of injury to players' arms when throwing, and legs when sliding, starting, and stopping. Players should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Players should appreciate that the well-conditioned athlete will perform better with fewer injuries. Athletic conditioning is a cooperative venture among coach, athlete, parent, and physician.

B. GENERAL HEALTH

1. Sore arms are peculiar to baseball. A coach should present a philosophy to include arm exercise and proper warm up, and should also schedule daily turnout time for this activity. Coaches should detail types of injuries which will occur without proper care. (Examples: 1) Sore over-extended muscles; 2) Hyper-extended elbow; 3) Calcium deposits at the joints; 4) Tendonitis; 5) torn ligaments and tendons; and 6) blisters.)
2. All equipment should be clean on issue, (e.g. disinfect batting helmets and masks.) Athletes are required to maintain cleanliness of equipment.
3. Emphasize that top performance is directly related to proper eating and sleeping habits.
4. All athletes should be cautioned to inform the coach of illness or skin conditions which may be transferred. They should also report any and all injuries, especially sore arms and blisters.
5. Water must be available for baseball players at all practice sessions, (hydration is very important), as well as at all games.
6. Ice should be available during practice and competition.
7. Body cleanliness should be stressed. A daily shower is recommended.
8. Clothing should be suitable for warmth and be available at each practice and games.
9. Tobacco products are not to be used at practices or games.

C. SAFETY PRECAUTIONS

In order to encourage maximum participation with a minimum of risk, the following safety recommendations are provided:

1. The Playing Area (field)

Inspect the condition of the practice/game area, daily, and see that it is free of obstructions. Hazards should be identified and reported to the Athletic Office.

2. Protective Equipment

Protective equipment should be worn by all players, in all practices and games, and must be kept in good repair, including batting helmets, cups, and catcher's gear. Coaches should instruct players not to throw bats, gloves, helmets, or other equipment, and indicate the reasons why, and the dangers which can occur.

3. On Field Coaching

The first day's session should include thorough coverage of potentially dangerous and forbidden situations. Players should be made aware that a baseball in motion is a highly dangerous projectile and its whereabouts should be known at all times. The coach should teach techniques systematically, by progression, cautioning players regarding possible dangers inherent to each position and/or skill. (Examples: 1) Sliding=injury to ankle, knee, fingers, head and neck; 2) Hitting=injury to on-deck batter and shaggers, pitcher and all non-attentive players; 3) Fielding=injury while practice hitting drills are taking place; 4) Collisions=unique to base running, base stealing and fielding.)

The coach shall have on hand, at all practice sessions and games, an appropriate first aid kit and emergency cards.

4. Injury Prevention and Conditioning

Pre-Practice/Game-Warm up and stretching activities to prevent muscle strains:

- a. Jog four minutes to warm up.
- b. Static stretching of major muscle groups.
- c. Sprinting $\frac{3}{4}$ speed for four 50-yard dashes.
- d. Catch. Start by throwing short distances and lengthen. Players should concentrate on accuracy. Five to seven minutes.

Provide necessary drills to focus players' attention on hazards involved in fielding ground balls, catching fly balls, running bases, and sliding and batting.

Field Inspection and Examination-Coaches and players should be encouraged to inspect and examine fields before participation to locate any hazardous features.

D. SAFETY PRECAUTIONS (continued)

Ground Balls-It is recommended that all players be equipped with a cup. Players should be instructed to not turn their head away from the ball. Coaches hitting ground balls should progress from hitting easy to handle balls, to more difficult ones. Consider velocity and direction.

Fly Balls-Coaches should establish a system of communication in order to eliminate collisions between players. This involves outfielders, as well as infielders.

Players should be taught how to play fences and out-of-play areas.

Players should be taught how to field balls in the sun field.

Running Bases and Sliding

1. Coaches should emphasize the rule that helmets are worn while running.
2. Sliding techniques should be taught. Coaches should not assume players know how to slide.
3. Players should be instructed the technique involved in returning to base in the event of a pick-off attempt.

Batting

1. All players should be fully aware of balls being hit and thrown. This is particularly important for shaggers.
2. On-deck hitters must be alert at all times.
3. Hitters must be taught not to duck when a curve ball is thrown.
4. All players, not actively involved in hitting or fielding, must be behind protective screens.
5. Batters must be aware of the kind of live pitching to expect (i.e. will the pitcher try to fool the hitter, or will he warn him of the pitch to expect?)
6. Pitchers should yell a warning if the ball is thrown wildly.
7. Properly fitted helmets should be worn while batting.

E. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

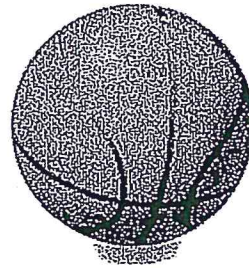
In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.

F. OHSAA INCLEMENT WEATHER POLICY

Coaches, certified athletic trainers, athletes, game officials and administrators must be aware of potential inclement weather and the signs which indicate thunderstorm development. There are specific guidelines on handling contests during lightning disturbances. Whenever lightning is seen or thunder heard, the practice shall be

suspended. Individuals should move to a safe area until the storm has moved away. Weather can be monitored using methods including:

- **Local Weather forecasts**-Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- **National Weather service**-Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.



Cleveland Metropolitan School District

Interscholastic Athletics Department

BASKETBALL SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

BASKETBALL SAFETY GUIDELINES

The Cleveland Senate League recommends that all basketball ball coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all basketball practices for joint flexibility and muscular elasticity. Emphasis should be placed on improving the individual cardio vascular performance, strength, and muscular endurance of the arms and legs. Players should appreciate that the well-conditioned athlete will perform better with fewer injuries. Players should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Athletic conditioning is a cooperative venture of the coach, athlete, parents, and physician.

B. GENERAL HEALTH

In the interest of maintaining the basketball player's health and well-being, the League provides the following recommendations:

1. All equipment should be clean on issue. Athletes are required to maintain cleanliness of equipment.
2. Emphasize that top performance is directly related to proper eating and sleeping habits.
3. Emphasize the detrimental effects of tobacco, alcohol, and drug use on the athlete's performance and overall well-being.
4. Proper footwear is essential. Shoes should be designed primarily for basketball. The shoes must fit properly. Clean socks should be worn every day. (Socks should be smoothed out over the entire foot before shoe is put on.)
5. Overuse injuries are common to basketball. A coach should present a philosophy to include **progressive training**, so as to avoid such injuries. Coaches should detail types of injuries which occur without proper care, i.e. shin splints, stress fractures, blisters, tendonitis of the knee, hamstrings, groins, etc.
6. All athletes should be cautioned inform the coach of any and all illnesses, injuries, and medications being taken.
7. Water must be available for players during practices and competition.
8. Ice should be available for first aid during practice and competition.
9. Body cleanliness should be encouraged, i.e. daily showers should be taken.
10. Clothing should be suitable for warmth and be available at each practice and game. Students should be advised to wear appropriate clothing and when going outside, after games and practices.

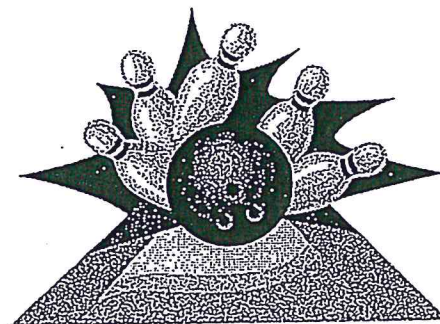
C. SAFETY PRECAUTIONS

1. The proper techniques in taking the charge should be demonstrated and practiced. It is recommended that men take the initial blow, in the chest, and that the women cross their arms, in front of the chest, to take the initial blow.
2. In order to safely deal with the proper cleaning and disinfection of blood and body fluids, the following procedure is recommended:
 - a. If a skin lesion is observed, it should be immediately cleansed with a suitable antiseptic and securely covered.
 - b. If a bleeding wound occurs, the individual's participation should be interrupted, until the bleeding has been stopped, and the wound is cleansed with antiseptic and securely covered.
 - c. Surfaces soiled with blood, urine, feces, vomitus, and other body fluids containing blood should be thoroughly washed with soap and water, then disinfected with an EPA approved disinfectant.
 - d. Personnel cleansing the spill, or treating the injury, will wear gloves and wash hands thoroughly when finished.
 - e. Disposable towels should be used, whenever possible.
 - f. Mops should be thoroughly rinsed in the disinfectant solution.
 - g. When exposed to blood and body fluids, employees must complete the Blood and Body Fluids Incident Form.
3. When diving for loose balls, players should be instructed to tuck the ball into the chest and curl around it.
4. Players should be strongly warned against undercutting another player who is airborne.
5. Floor conditions must be suitable for safe play. Floors need to be damp mopped before each practice and games. The area surrounding the floor must be free of obstacles, such as chairs, benches, and physical education equipment. Hazards should be identified and immediately reported to the principal.
6. Jewelry should not be allowed in practice or games.
7. Chewing gum and chewing tobacco are potential choking hazards and their use should be avoided.
8. Rehabilitation of injuries should be carefully monitored. When a player is injured severely enough to see a doctor, a doctor's release is required for that player to resume participation.
9. Progressive conditioning, to avoid overuse injuries, is strongly recommended.

D. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.



Cleveland Metropolitan School District

Interscholastic Athletics Department

BOWLING SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

BOWLING SAFETY GUIDELINES

Daily practice should be developed specifically for bowling. All participants should recognize conditioning, nutrition, proper technique, safety procedures, and proper fitting equipment are important required aspects, students and parents are asked to read and understand certain cautions and responsibilities designed to improve safety and enjoyment of the activity.

A. PREPARATION FOR PRACTICE OR CONTEST

1. Choose clothing and shoes which fit properly, and comfortable, allow for maximum physical effort and dissipation of heat.
2. Proper warm-up is essential before strenuous activity takes place.
3. If you wear eyeglasses, contact the coach for proper fitting of safety lenses. Use appropriate frames that are compatible with bowling. If you have a bi-focal or tri-focal lens, contact your doctor to provide the best lens combination for playing on surfaces where focusing at different distances in rapid succession is important.
4. Perform only those skills and techniques as instructed and/or supervised by your coach.
5. Only the bowler should be on the approach.
6. Bowling shoes must be worn. The soles of the bowling shoes should be kept clean.
7. Keep street shoes out of the settee area and off the approach.
8. Follow proper bowling etiquette at all times.
9. Advise the coach if you are ill or have any prolonged symptoms of illness.
10. Report all injuries to the coach immediately.

B. CAUTIONS SPECIFIC TO BOWLING

1. Be alert for any physical hazards in the bowling alley and advise the coach if any hazards are found.
2. Before throwing the ball, make certain the area around you is clear of others.
3. Be aware of the danger of standing in front or on the side of a person who is attempting to throw the ball as one may be injured by the ball.
4. Use caution around the ball return area.
5. DO NOT horseplay in or around the bowling site.
6. Look before you throw the ball.

C. GENERAL HEALTH

Coaches should:

1. Emphasize that top performance is directly related to proper diet and rest.
2. Blood or other body fluids may harbor a number of organisms that are potentially infectious to others. Contact with blood, urine, feces, vomitus and other fluids containing blood, should be avoided.

C. GENERAL HEALTH(continued)

3. Proper foot care should be emphasized by the coach. New shoes should be broken in, prior to being worn in any competitive activity.
4. Proper shoes for the proper surface are recommended.
5. Athletes need to be encouraged to inform the coach of any prior injuries, illness or health problems that could limit their performance.
6. Proper care of ankles is a must for all players.
7. Pre-season conditioning is a must because of the rigorous performance required in this sport.
8. Healthy communication between all members of the team should be encouraged.
9. The mental attitude of a team is dependent on all players having a positive attitude and setting aside the required time for regular attendance in all team activities.

D. EMERGENCIES

Because of the nature of bowling, some injuries may occur. Most will 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. Notify the coach immediately.
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 feet from the building
 - c. Be prepared to implement the emergency procedures outlined in #4 above.

E. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.



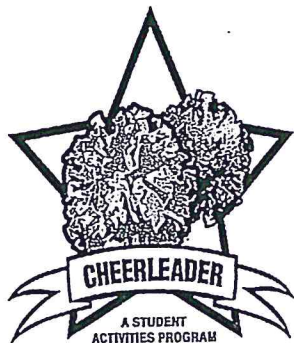
Cleveland Metropolitan School District

Interscholastic Athletics Department

SAFETY GUIDELINES

for

CHEERLEADER HI-STEPPER MILITARY DRILL



Cleveland Metropolitan School District

Interscholastic Athletics Department

Issued June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

CHEERLEADING-MILITARY DRILL-HIGH- STEPPER SAFETY GUIDELINES

The Cleveland Senate Athletic League recommends that all Cheerleading- Military Drill-High-Stepper advisors in this League adhere to the following guidelines:

A. CONDITIONING

1. Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. Adequate warm-up and warm-down should be included in every workout. Emphasis should be placed on improving the individual cardio vascular performance, strength and muscular endurance. The advisor should provide a continuing and progressive training program to advance the student tolerance to fatigue. For optimum improvement in muscular strength, weight training is considered desirable under qualified direction and supervision. Participants should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Students should appreciate that the well-conditioned athlete will perform better with fewer injuries. Athletic conditioning is a cooperative venture of the advisor, participants, parents, and physician.
2. An adequate warm up should begin each practice, followed by a stretching sequence appropriate for the activity. Stretching, especially deep stretching must be done on warm muscles in order to avoid injuries. Warm-down activities should conclude the practice.

B. GENERAL HEALTH

In the interest of maintaining the participants health and well-being, the League provides the following recommendations:

1. Emphasize that top performance is directly related to proper eating and rest.
2. All participants should be cautioned to inform the advisor of any and all illnesses, injuries, and medications being taken.
3. Emphasize the detrimental effects of tobacco, alcohol and drug use on the athlete's performance and overall well-being.
4. Proper footwear is essential. Shoes should be designed primarily for the activity. Shoes should be sized so that two pair of socks can be worn. Shoes should be broken in gradually, before being used in competition. Body cleanliness should be encouraged, i.e. daily showers should be taken.
5. Due to the weather extremes, during the season, i.e., early season cold, late season heat, participants should be advised to wear appropriate clothing before, during, and after practice sessions and matches.
6. Advise participants to avoid fruit juices, caffeine and carbonated products before, during and after practice because they do not adequately hydrate the body, nor replace valuable electrolytes, as well as water and/or energy drinks.

C. SAFETY PRECAUTIONS

- Make sure you wear all equipment that is issued by the advisor. Inform the advisor of any poorly-fitted or defective equipment.
- Inform the advisor if you are ill or have any prolonged symptoms of illness.
- Inform the advisor if you have been injured.
- Engage in warm-up activities prior to strenuous participation.
- Be alert for any physical hazards in the locker room or in or around the participation area. Inform the advisor of any hazards or concerns.
- Lead cheers at the appropriate time so that you will be aware of ball and players' positioning, to prevent possible injury.
- Be aware of supervisory staff of both teams and where they can be located so that they may be contacted in case of an emergency or an undesirable crowd control situation.
- Make sure the practice facility is conducive to conduct a safe practice, i.e., large enough to accommodate the size of squad, properly ventilated, and clear of hazardous debris and obstructions on the ground, floor and/or from the ceiling.
- Engage in warm up activities prior to stretching and strenuous activity.
- Stunting, body tosses, mounting and pyramids are **NOT ALLOWED**. Only lifts, accompanied by spotters, as designated by the Athletic and Student Activities Department, are allowed.
- Participants must be restricted from wearing jewelry during practice, including: hoop earrings, bracelets, necklaces, rings, watches. Only small post earrings are allowed. Open body piercings must be covered with clothing, a Band-Aid or gauze. Eyebrow, nose, tongue and lip piercings must be removed prior to practice or strenuous activity.
- Participants must be restricted from chewing gum and/or eating candy or food, during practice or strenuous activity.

D. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems), shall be immediately removed from the contest and shall not return to play until cleared, with written authorization, by an appropriate health care professional.

In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.

E. OHSAA INCLEMENT WEATHER POLICY

Coaches, certified athletic trainers, athletes, game officials and administrators must be aware of potential inclement weather and the signs which indicate thunderstorm

development. There are specific guidelines on handling contests during lightning disturbances. **Whenever lightning is seen or thunder heard, the practice shall be suspended. Individuals should move to a safe area until the storm has moved away. Weather can be monitored using methods including:**

- **Local Weather forecasts**-Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- **National Weather service**-Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

F. ENVIRONMENTAL CONDITIONS

Practice sessions should be revised when environmental conditions –heat index-warrant. High heat and humidity should alert coaches to health concerns of their athletes. When the temperature –humidity factor, commonly referred to as the heat index, is elevated revision in practice sessions; holding practices in the morning or evening; altering the amount of equipment worn; reducing the intensity of practice sessions.



Cleveland Metropolitan School District

Interscholastic Athletics Department

CROSS-COUNTRY SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

CROSS-COUNTRY SAFETY GUIDELINES

The Cleveland Senate Athletic League recommends that all cross-country coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all cross-country practices for joint flexibility and muscular elasticity. Emphasis should be placed on improving the individual cardio vascular performance, strength and muscular endurance of the legs. The coach should provide a continuing and progressive training program to advance the athlete's tolerance to fatigue. Runners should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Players should appreciate that the well-conditioned athlete will perform better with fewer injuries. Athletic conditioning is a cooperative venture of the coach, athlete, parents, and physician.

B. GENERAL HEALTH

In the interest of maintaining the swimmer's health and well-being, the League provides the following recommendations:

1. All equipment should be clean on issue. Athletes are required to maintain cleanliness of equipment.
2. Emphasize that top performance is directly related to proper eating and sleeping habits.
3. Emphasize the detrimental effects of tobacco, alcohol, and drug use on the athlete's performance and overall well-being.
4. Emphasize the importance of proper running shoes for prevention of leg and foot injuries.
5. Overuse injuries are common to cross-country. A coach should present a philosophy to include progressive training so as to avoid such injuries. Coaches should detail types of injuries which occur without proper care, i.e. shin splints, stress fractures, blisters, etc.
6. All athletes should be cautioned to inform the coach of any and all illnesses, injuries, and medications being taken.
7. Water must be available for runners during practices and competition.
8. Ice should be available for first aid during practice and competition.
9. Body cleanliness should be encouraged, i.e. daily showers should be taken.
10. Due to the weather extremes, during the season, i.e. early season heat, late season cold, athletes should be advised to wear appropriate clothing—before, during and after practice sessions.

C. SAFETY PRECAUTIONS

In order to encourage maximum participation with a minimum amount of risk, the following recommendations are made:

Due to the unique nature of cross-country, our activity area is boundless. Thus, we need to address safety guidelines for a number of situations which are common to cross-country.

1. **Road Running**-Extreme caution should be taken. It is recommended that athletes:
 - a. Do not run in the street. (For example, use shoulder, sidewalks, and grass strips.)
 - b. When running on road shoulder, run facing flow of traffic.
 - c. Runners should only cross roads at intersections, rights, and crosswalks.
2. During all phases of training, *runners shall not run alone*, unless under direct observation of the coach. Pairing or grouping of runners is recommended in parks, roads, and area away from the school.
3. **Cross-Country Course:**
 - a. Courses should be designed and maintained with the safety of the runners in mind.
 - b. Runners should report unsafe course conditions to the coach.
 - c. Runners should be cognizant of terrain and weather conditions which may affect safety.
4. All runners will *check with the coach*, before leaving the practice area.
5. At the start of the season, the *coach should thoroughly cover* all forbidden and potentially *dangerous situations*.
6. The coach shall have an appropriate first aid kit and emergency cards, at all practice sessions.

D. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.

F. OHSAA INCLEMENT WEATHER POLICY

Coaches, certified athletic trainers, athletes, game officials and administrators must be aware of potential inclement weather and the signs which indicate thunderstorm

development. There are specific guidelines on handling contests during lightning disturbances. **Whenever lightning is seen or thunder heard, the practice shall be suspended. Individuals should move to a safe area until the storm has moved away.**

Weather can be monitored using methods including:

- **Local Weather forecasts**-Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- **National Weather service**-Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

G. ENVIRONMENTAL CONDITIONS

Practice sessions should be revised when environmental conditions –heat index–warrant. High heat and humidity should alert coaches to health concerns of their athletes. When the temperature –humidity factor, commonly referred to as the heat index, is elevated revision in practice sessions; holding practices in the morning or evening; altering the amount of equipment worn; reducing the intensity of practice sessions.



Cleveland Metropolitan School District
Interscholastic Athletics Department

FOOTBALL
SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

FOOTBALL SAFETY GUIDELINES

The Cleveland Senate League recommends that all football coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all football practices for joint flexibility and muscular elasticity. Emphasis should be placed on improving the individual cardio vascular performance, strength, and muscular endurance of the arms and legs. Players should appreciate that the well-conditioned athlete will perform better with fewer injuries. Players should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Athletic conditioning is a cooperative venture of the coach, athlete, parents, and physician.

B. GENERAL HEALTH

In the interest of maintaining the football player's health and well-being, the League provides the following recommendations:

1. All equipment should be clean on issue. Athletes are required to maintain cleanliness of equipment.
2. Emphasize that top performance is directly related to proper eating and sleeping habits.
3. Emphasize the detrimental effects of tobacco, alcohol, and drug use on the athlete's performance and overall well-being.
4. Proper footwear is essential. Shoes should be designed primarily for football. The shoes must fit properly. Clean socks should be worn every day. (Socks should be smoothed out over the entire foot before shoe is put on.)
5. Overuse injuries are common to football. A coach should present a philosophy to include **progressive training**, so as to avoid such injuries. Coaches should detail types of injuries which occur without proper care, i.e. shin splints, stress fractures, blisters, tendonitis of the knee, hamstrings, groins, etc.
6. All athletes should be cautioned inform the coach of any and all illnesses, injuries, and medications being taken.
7. Water must be available for players during practices and competition.
8. Ice should be available for first aid during practice and competition.
9. Body cleanliness should be encouraged, i.e. daily showers should be taken.
10. Clothing should be suitable for warmth and be available at each practice and game. Students should be advised to wear appropriate clothing and when going outside, after games and practices.

C. SAFETY PRECAUTIONS

1. The coach should teach techniques systematically, by progression.
2. Make certain that you wear all equipment that is used by the coach. Advise the coach of any poorly-fitted or defective equipment.
3. Advise the coach if you are ill or have any prolonged symptoms of illness.
4. Advise the coach if you have been injured.
5. Engage in warm-up activities prior to strenuous participation.
6. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazards or concern.
7. A shoulder pad which is too small will leave the shoulder point vulnerable to bruises or separations. A shoulder pad that is too tight in the neck area may result in a possible pinched nerve. A shoulder pad which is too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations. Helmets must fit snugly at the contact points; front, back and top of head. The helmet must be "NOCSE" branded, the chin strap must be fastened and the cheek pads must be of the proper thickness. A fit which is too loose could result in headaches, a concussion, a face injury such as broken nose or cheekbone, or a neck injury that is possibly quite serious such as paralysis or even death.
8. Prior to any practice, illegal and potentially dangerous situations should be covered. Periodic review of those problems should occur.
9. The best field available should be used for practices and games. Fields and goal areas should be inspected frequently.
10. Water and ice should be available during all practices and games.
11. A well-equipped first aid kit is required during all practices and games. Emergency first aid cards should be included within the kit.
12. Following an injury, a doctor's clearance is a requirement, prior to return to any physical activity.
13. Rehabilitation of injuries should be carefully monitored.
14. Coaches should properly supervise travel to, and from, game sites and practice fields. Adequate adult supervision on buses is a must.
15. During every interscholastic football practice a coach is required to be present the entire session. Coaches are reminded that in addition to teaching proper football techniques, players health and hygiene must be a concern.
16. Five days of acclimatization are required of all football players. Acclimatization means getting used to (acclimate) to the temperature and humidity during physical activity. During the first two days of coaching and practice players may wear shirts, shorts, helmets and shoes. Pads are prohibited as well as contact drills. On the third and fourth practice days shoulder pads may also be worn. Full pads may be worn on the fifth day, but contact continues to be prohibited. Full contact drills may begin on day 6.
17. Practice sessions should be revised when environmental conditions –heat index–warrant. High heat and humidity should alert coaches to health concerns of their athletes. When the temperature –humidity factor, commonly referred to as the heat index, is elevated revision in practice sessions; holding practices in the morning or evening; altering the amount of equipment worn; reducing the intensity of practice sessions.

18. Athletes should be educated on hydration techniques. Athletes should drink 17-20 ounces of water or sports drinks 2-3 hours before exercise and an additional 17-20 ounces 10-20 minutes prior to exercise.
19. During practice athletes should be allowed unrestricted fluid replacement. A general guide is to drink 7-10 ounces of water/ sport drink every 15 minutes. Water must be available during practice.
20. After exercise athletes should drink 20-24 ounces of water/ sport drink for each pound of weight lost and the re-hydration should occur within two hours of the completion of practice.
21. Every player shall weigh in before and after each summer practice. OHSA provides weight charts for this purpose. A trainer, manager or other responsible person should be designated to oversee the weigh-ins.
22. During two-a-days, athletes should gain back at least 90% of the weight lost in the first practice before being allowed to practice sessions end and the regular season begins.
23. Weight monitoring must begin with the first practice and may be discontinued when two a day practice sessions end and the regular season begins.
24. When a player has been removed because the symptoms/ signs of a concussion were present, the player can return to the contest ONLY with written permission of a physician, osteopath, or licensed athletic trainer.

D. SUGGESTED DRILLS AND TECHNIQUES

1. Coaches should advise athletes that slide falling could endanger the health and safety of players and should be discouraged.
2. Proper techniques for screening should be taught. A player shall not hold, push, or impede an opponent with the hand(s), arm(s), or elbow(s) extended from the body.
3. Tackling and blocking techniques are basically the same. Contact is to be made above the belt, but not initially with the helmet. The player should always be in position of balance, knees bent, back straight, body slightly bent forward, head up and the target area as near to the body as possible with the main contact being made with the shoulder. When properly blocking or tackling an opponent, contact with your helmet will naturally result. Therefore, technique is most important in order to prevent or reduce the likelihood of injury.
4. Strained muscle injuries can range from ankle injuries to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard area next to the football) illegal. Cleats are restricted to no more than one-half inch to further help prevent knee injuries. A runner with the ball, however, may be tackled around the legs. In tackling, the rules prohibit initial contact with the helmet or grabbing the face mask on the edge of the helmet. Initial helmet contact may result in a bruise; dislocation; broken bone; head injury; or internal injury such as kidneys, spleen, bladder, etc. Grabbing the face mask or helmet edge may result in a neck injury which could result in injuries ranging from a muscle strain to a dislocation, nerve injury, or spinal column damage which could cause paralysis or death.

E. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an “appropriate health care professional” shall be a physician, (MD or DO) and an athletic trainer, licensed.

F. OHSAA INCLEMENT WEATHER POLICY

Coaches, certified athletic trainers, athletes, game officials and administrators must be aware of potential inclement weather and the signs which indicate thunderstorm development. There are specific guidelines on handling contests during lightning disturbances. **Whenever lightning is seen or thunder heard, the practice shall be suspended. Individuals should move to a safe area until the storm has moved away. Weather can be monitored using methods including:**

- **Local Weather forecasts**-Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- **National Weather service**-Weather can be monitored using small; portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

H. ENVIRONMENTAL CONDITIONS

Practice sessions should be revised when environmental conditions –heat index-warrant. High heat and humidity should alert coaches to health concerns of their athletes. When the temperature –humidity factor, commonly referred to as the heat index, is elevated revision in practice sessions; holding practices in the morning or evening; altering the amount of equipment worn; reducing the intensity of practice sessions.

For Immediate Release – July 13, 2015

Contact – Tim Stried, Director of Information Services, tstried@ohsaa.org

OHSAA Adopts National Recommendations for Minimizing Concussion Risks in Football Practice

Report by NFHS Concussion Summit Task Force results in modifications for football practices beginning immediately

COLUMBUS, Ohio – Beginning immediately, the Ohio High School Athletic Association has joined dozens of states in adopting recommendations from the National Federation of State High School Associations (NFHS) Concussion Summit Task Force, which will reduce the risk in football for concussions and head impact exposure. The recommendations were approved by the OHSAA's Joint Advisory Committee on Sports Medicine in June and presented to OHSAA Commissioner Dan Ross and the OHSAA staff. The OHSAA Board of Directors unanimously approved the changes in a conference call vote Monday.

The changes, which are listed below, become effective immediately, beginning with the start of football practices in Ohio on August 1. The NFHS is the governing body of high school sports in this country and Ohio follows its playing rules.

"With the support and leadership from the football coaches association, we have been out in front of concussion awareness and education, and these changes will now bring Ohio up to a place as a national leader in this area," Dr. Ross said. "Like many of our regulations, these guidelines are to be followed and monitored by member schools and coaches, but we are fortunate in Ohio that many coaches have already been following these safety measures. There will always be a risk for concussion, but football is safer now than it has ever been, and these guidelines will make it even safer."

The three principles that the guidelines reflect include exposure of an individual athlete to full contact in terms of frequency and duration, the cumulative effect of the exposure on an individual athlete, and recovery time for each athlete after contact. The recommendations adopted for immediate compliance include:

Spring, Summer and All Off-Season Contact

Already the rule in Ohio, there is no contact permitted except during the season, and pads may not be worn at any time except during the season. (Many states that allow spring football practice and contact in the summer have a much higher rate of concussions.)

Preseason Practice (all practices prior to the first regular-season game)

Note: the following regulations apply to individual student-athletes. Position groups, etc., can alternate contact to adhere to the regulations. Also, contact with soft equipment such as bags, shields, sleds, etc., does not count toward contact limitations. Additionally, the task force noted that preseason practices may require more full-contact time than practices occurring later in the regular season to allow for teaching fundamentals with sufficient repetition:

1. **Physical Examinations:** Already the rule in Ohio, a medical examiner must certify each individual's physical fitness no less than once each calendar year and these signed forms must be on file at the school before any candidate for a team may participate in practice.
2. **Acclimatization Period:** Already the rule in Ohio, a five-day acclimatization period is mandatory prior to any contact drills. Only helmets are permitted on the first and second days of practice. Shoulder pads may be added on days three and four. Full pads may be worn on the fifth day. Full contact is permitted on the sixth day.
3. **Full Contact Limited During Two-A-Day Practices:** When more than one practice takes place in a day, full contact is permitted only during one of the practices. With the importance of recovery time to help minimize concussion risks, consideration should also be given to the timing of full contact during the next day (i.e. if full contact occurs during session 2 of two-a-days, there should not be full contact in session 1 of two-a-days the following day).

Practice During the Season (all practices after the first regular-season game)

Note: the following regulations apply to individual student-athletes. Position groups, etc., can alternate contact during the week to adhere to the regulations. Also, contact with soft equipment such as bags, shields, sleds, etc., does not count toward full contact limitations:

1. Consider limiting full-contact on consecutive days.
2. A student-athlete is limited to 30 minutes of full contact in practice per day.
3. A student-athlete is limited to 60 minutes of full contact in practice per week.
4. A student-athlete can be involved in full contact in a maximum of two practices in a seven-day span.

"These regulations are being put into place for the safety of our student-athletes, and it is incumbent on coaches to monitor the contact in their practices," Ross said. "Our coaches are educators and leaders. They want what's best for kids, and these regulations are in line with these safety recommendations. As the report also states, these regulations will evolve and may become more restrictive as additional concussion research emerges."

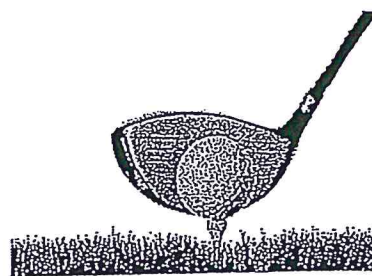
In addition, the NFHS Concussion Summit Task Force has advised the OHSAA to review its current policy on total quarters permitted, which currently stands at 50 quarters total for the season for high school student-athletes and 32 quarters for 7th-8th grade student-athletes (or 28 quarters if only seven games are played). The Task Force also asks the OHSAA and all member schools to:

1. Continue to work with the football coaches association and all member schools to ensure that coaches have completed the NFHS Fundamentals of Coaching course, which is a requirement in Ohio.
2. Continue to place emphasis on proper fitting and care of helmets.
3. Continue to place emphasis on proper tackling and hitting techniques at all times, especially before full contact begins.
4. Know and follow the state law on concussion management protocol:
<http://www.ohsaa.org/medicine/Concussions/ConcussionRegulations.pdf>
5. Develop and put into practice an Emergency Action Plan (will be distributed by the OHSAA in the fall 2015 as part of the "Anyone Can Save a Life" program).
6. Whenever possible, have a certified athletic trainer present at all football practices and contests.
7. Continue to place emphasis on hydration.
8. Continue to place emphasis on inclement weather regulations.

The report of recommendations and guidelines from the NFHS Concussion Summit Task Force can be found at the following link: <http://www.ohsaa.org/medicine/2014NFHSMinimizingHeadImpact.pdf>

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Cleveland Metropolitan School District

Interscholastic Athletics Department

GOLF SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

GOLF SAFETY GUIDELINES

The Cleveland Senate Athletic League recommends that all golf coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all golf practices for joint flexibility and muscular elasticity. The coach should provide a continuing and progressive training program to advance the athlete's tolerance of muscle and joint stress. He should be aware of the increased chance of injury to players who are not properly warmed up. Players should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Players should appreciate that the well-conditioned athlete will perform better with fewer injuries. Athletic conditioning is a cooperative venture among coach, athlete, parents, and physician.

B. GENERAL HEALTH

1. Sore backs are peculiar to golf. A coach should present a philosophy to include back exercises and proper warm-up and should also schedule daily turnout time or this activity. Coaches should detail types of injuries which will occur without proper care. (Examples: 1. Sore, over-extended muscles; 2. Blisters on hands and feet.) Emphasize that top performance is directly related to proper eating and sleeping habits.
2. All athletes should be cautioned to inform the coach of any illness and also report any, and all, injuries, especially **sore backs** and **blisters**.
3. Clothing should be suitable for warmth and be available at each practice and match.
4. Tobacco products are not to be used at practices or matches.
5. Coaches should encourage hydration during practices and matches, especially on very warm days.
6. Ice should be available during practice and matches. (Clubhouse could be source if arrangements are made.)
7. All equipment should be periodically inspected, especially checking for loose club heads and worn grips.

C. SAFETY PRECAUTIONS

The act of compressing a hard ball with a club face, traveling in the range of one hundred miles, per hour, occurs several times, during a round. When crowded, the golf course becomes acres of dangerous ground, unless each player is alert. In order to encourage maximum participation, with a minimum amount of risk, the following safety recommendations are provided:

1. On-Field Coaching:

- a. First day session should include thorough coverage of forbidden, and potentially dangerous, situations and periodically reviewed with players, particularly "fore" drill (b and c below).
- b. Coaches shall have on hand, at all practice sessions and matches, an appropriate first aid kit and emergency cards.

2. The National Golf Foundation Poster

The golfer shall:

- a. Wait until players ahead are well out of range before hitting, taking extra precautions on "blind holes." Be sure others, in foursome, are out of peripheral range.
- b. Shout the warning cry "Fore" whenever a shot astray could endanger others.
- c. Turn back *toward* a shout of warning "Fore" and try to protect the player, especially the head, as best he/she can.
- d. Take practice swings judiciously where space is clear of obstructions and other players. Special care must be taken not to take practice swings toward other people.
- e. Observe out-of-bounds areas which prohibit play, or a ball, on an adjacent fairway.
- f. Yield the right-of-way, and take extra precautions, when playing in another fairway, other than your own.
- g. Leave the course, and return to the clubhouse, *immediately*, if there is any evidence of lightning in the area.

D. PRACTICE TEE PRECAUTIONS

1. Review warm-up drills. All warm-ups should be done before hitting practice balls.
2. Place bag, two club lengths behind tee box, as visual barrier to others.
3. *Never* swing when outside box.
4. All conversation should take place outside box, except with coach when giving lessons.
5. Coach should place two or three golfers to a practice tee and directly instruct students on a specific practice rotation ("each player hits five balls and then change places") to avoid possible injury.

E. RECOMMENDATIONS

1. Move schedule up, about three to four days, to avoid tournament difficulties, at the end of the season.
2. Release coaches to organize post-season tourneys, at least seven school days, prior to tourney. Coaches phone in late changes.

F. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.

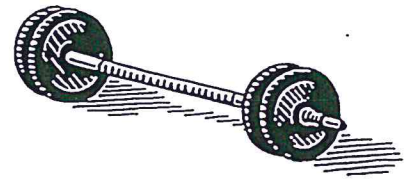
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Cleveland Metropolitan School District

Interscholastic Athletics Department

POWERLIFTING SAFETY GUIDELINES

June 2013

Cleveland Metropolitan School District

Interscholastic Athletics Department

POWERLIFTING SAFETY GUIDELINES

Daily practice should be developed specifically for power lifting. All participants should recognize conditioning, nutrition, proper technique, safety procedures, and proper fitting equipment are important required aspects, students and parents are asked to read and understand certain cautions and responsibilities designed to improve safety and enjoyment of the activity.

A. PREPARATION FOR PRACTICE OR CONTEST

1. Choose clothing and shoes which fit properly, and comfortable, allow for maximum physical effort and dissipation of heat.
2. Proper warm-up is essential before strenuous activity takes place.
3. If you wear eyeglasses, contact the coach for proper fitting of safety lenses. Use appropriate frames that are compatible with bowling. If you have a bi-focal or tri-focal lens, contact your doctor to provide the best lens combination for playing on surfaces where focusing at different distances in rapid succession is important.
4. Perform only those skills and techniques as instructed and/or supervised by your coach.
5. Only the lifter should be on bench or mat.
6. Proper power lifting shoes must be worn.
7. Keep street shoes out of the lifting area.
8. Follow proper lifting etiquette at all times.
9. Advise the coach if you are ill or have any prolonged symptoms of illness.
10. Report all injuries to the coach immediately.

B. CAUTIONS SPECIFIC TO POWERLIFTING

Bench Press

1. To properly do a bench press, lie on a weight bench with your feet underneath you and your back arched.
2. Grasp the weight bar and push the barbell straight up.
3. Lower the bar to your chest, keeping it in line with your wrists and elbows.
4. Avoid letting the weight rest on your upper body, which could injure you.

Dead Lift

5. Begin by standing with your feet shoulder-width apart, shins resting on the barbell.
6. Straighten, never round, your shoulders, and pull your abdominal muscles in.
7. Lean over and grip the barbell and pushing with your feet and legs, lift the barbell to thigh level.
8. Lower the barbell to the floor to complete a repetition.
9. Proper breathing is important for dead lifting because it helps you get the weight up with good form.

C. GENERAL HEALTH

Coaches should:

10. Emphasize that top performance is directly related to proper diet and rest.
11. Blood or other body fluids may harbor a number of organisms that are potentially infectious to others. Contact with blood, urine, feces, vomits and other fluids containing blood, should be avoided.
12. Proper foot care should be emphasized by the coach. New shoes should be broken in, prior to being worn in any competitive activity.
13. Proper shoes for the proper surface are recommended.
14. Athletes need to be encouraged to inform the coach of any prior injuries, illness or health problems that could limit their performance.
15. Proper care of ankles is a must for all players.
16. Pre-season conditioning is a must because of the rigorous performance required in this sport.
17. Healthy communication between all members of the team should be encouraged.
18. The mental attitude of a team is dependent on all players having a positive attitude and setting aside the required time for regular attendance in all team activities.

D. EMERGENCIES

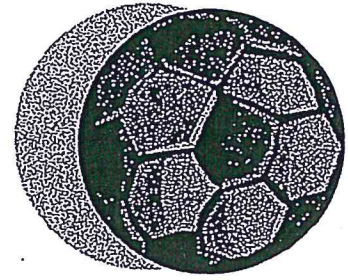
Because of the nature of bowling, some injuries may occur. Most will be managed with basic first aid, but the possibility of a serious injury is always present. All injuries must be called to a coach's attention. An occasional situation may require more intense management and may also necessitate involvement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

1. Stop all practices.
2. Notify the coach immediately.
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 feet from the building
 - c. Be prepared to implement the emergency procedures outlined in #4 above.

E. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.



Cleveland Metropolitan School District

Interscholastic Athletics Department

SOCCER SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

SOCCER SAFETY GUIDELINES

The Cleveland Senate League recommends that all soccer coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all practices for joint flexibility, strength, and endurance. Stretching activities are recommended after a moderate warm-up and at the conclusion of practices and games, as well. The coach should provide a continuing and progressive training program to advance the athlete's tolerances to fatigue; he/she should be aware of increased changes for injury as players compete beyond their fatigue level. Players should be attuned to the idea that conditioning is a continuous process, not simply as an in-season activity.

B. GENERAL HEALTH

Coaches should:

1. Emphasize that top performance is directly related to proper diet and rest.
2. Blood or other body fluids may harbor a number of organisms that are potentially infectious to others. Contact with blood, urine, feces, vomitus and other fluids containing blood, should be avoided.
3. Proper foot care should be emphasized by the coach. New shoes should be broken in, prior to being worn in any competitive activity.
4. Proper shoes for the proper surface are recommended.
5. Athletes need to be encouraged to inform the coach of any prior injuries, illness or health problems that could limit their performance.
6. Proper care of ankles is a must for all players.
7. Pre-season conditioning is a must because of the rigorous performance required in this sport.
8. Healthy communication between all members of the team should be encouraged.
9. The mental attitude of a team is dependent on all players having a positive attitude and setting aside the required time for regular attendance in all team activities.

C. SAFETY PRECAUTIONS

1. The coach should teach techniques systematically, by progression.
2. In order to safely deal with the proper cleaning and disinfection of blood and body fluids, the following procedure is recommended:
 - a. If a skin lesion is observed, it should be immediately cleansed with a suitable antiseptic and securely covered.
 - b. If a bleeding wound occurs, the individual's participation should be interrupted until the bleeding has been stopped and the wound is cleansed with antiseptic and securely covered or occluded.
 - c. Surfaces soiled with blood, urine, feces, vomitus, and other body fluids containing blood, should be thoroughly washed with soap and water, then disinfected with an EPA approved disinfectant.
 - d. Personnel cleansing the spill, or treating the injury, will wear gloves and wash hands thoroughly, when finished.
 - e. Disposable towels should be used, whenever possible.
 - f. Mops should be thoroughly rinsed in the disinfectant solution.
 - g. When exposed to blood and body fluids, employees must complete the Blood and Body Fluids Incident Form.
3. The rules (laws) of soccer should be applied, during all sessions. Intentional fouling should not be tolerated.
4. Prior to any practice, illegal and potentially dangerous situations should be covered. Periodic review of those problems should occur.
5. The best field available should be used for practices and games. Fields and goal areas should be inspected frequently.
6. Players **must** use protective shin guards during games.
7. Water and ice should be available during all practices and games.
8. A well-equipped first aid kit is required during all practices and games. Emergency first aid cards should be included within the kit.
9. Following an injury, a doctor's clearance is a requirement, prior to return to any physical activity.
10. Rehabilitation of injuries should be carefully monitored.
11. Early season conditioning should be a progression and most activities should include ball skills, team tactics, and team cooperation.
12. Practice sessions should include finishing drills near the goal posts so that players are aware of potential dangers around the goal area.
13. Coaches should properly supervise travel to, and from, game sites and practice fields. Adequate adult supervision on buses is a must.
14. Chewing gum, tobacco, etc., should not be used during practices or games.
15. Jewelry should not be worn, during any soccer activities.
16. For the safety of players, coaches should ask officials to take action rather than giving numerous verbal warnings, during games.

D. SUGGESTED DRILLS AND TECHNIQUES

1. Static stretching of major muscle groups.
2. Coaches should advise athletes that slide falling could endanger the health and safety of players and should be discouraged.
3. Proper techniques for screening should be taught. A player shall not hold, push, or impede an opponent with the hand(s), arm(s), or elbow(s) extended from the body.
4. Players should be instructed not to charge into the goalkeeper. A drill to practice might be:
 - From approximately thirty yards out, lob ball to keeper while forwards move into goal area to simulate game situation.
 - As skill level improves, defensive fullbacks are included in the drill. Coaches need to emphasize avoiding physical contact with the keeper once the keeper has possession of the ball.
5. Heading techniques should be taught systematically, by progression. A softer ball, for example, a volleyball, is recommended for beginning exercises for players who are unfamiliar to soccer. Verbal communication, while in scrimmage and/or game situations, should be emphasized. Terminology, such as calling for the ball, particularly in heading situations, needs to be stressed. The communication of verbal warnings, such as "Man on," helps advise a player that an opponent is near. Goalie and defensive players must communicate clearly, and effectively, to avoid clashes and possible injury to one another.
6. Drills utilizing the goal area should be emphasized to familiarize athletes with playing in a confined area.
7. Goalies need to learn proper positioning near goal post areas to avoid possible injury while diving for the ball.

Goalies should not be in direct alignment with goal post but should be positioned approximately one to two feet, from goal post, to prevent injury while diving for ball.

A drill to use would be to station goalie approximately one to two feet from goal post and send balls to goalie so he/she is forced to dive for the ball within the area near the goal post.

8. Goalies need to be instructed on proper catching of the ball to avoid injury to fingers and/or hand and wrist areas.
9. Goalies should be encouraged to wear extra padding on elbows, knees, and shins to protect these body parts from injury.

D. SUGGESTED DRILLS AND TECHNIQUES (continued)

11. Simple drills emphasizing looking up need to be included in practice drills.

Example: All players dribble ball within goal area. Coach stands on side and holds up finger(s) for approximately five seconds and calls out player's name.

Player is expected to be looking up so he/she can name correct number of fingers held up.

12. Proper tackling techniques to insure safety of players:

*In the **block tackle**, the defensive player blocks the ball with the inside of his foot at the same time the attacking player strikes it. The defender and the attacker kick in opposite directions; thus the tackler is attempting to block the ball's path. The **poke tackle** requires the defender to poke the ball away with his toe. It is known as a destructive tackle as it is used to prevent a score or the development of an attacking play. Poke tackling can be executed from the rear or the side of an opponent. In a **slide tackle**, the tackler actually slides into the ball, staying low to the ground and kicking the ball away. For a slide tackle, a defender approaches his opponent from the front, side, or rear. In the **shoulder charge**, a defending player uses his shoulder to charge an opponent's shoulder in order to dispossess him of the ball. The contact stops the offensive player's momentum and may put him off balance, making it easier for the tackler to take the ball away. The shoulder charge is allowed when both players are within playing distance (approximately 6 feet) of the ball. This is the only time that deliberate body contact is permitted in soccer.

Tackling skills should be taught in the following progression:

- Just before the opponent receives the ball.
- At the moment the opponent receives the ball.
- Immediately after the opponent receives the ball.
- After the opponent has received the ball and has advanced into the danger area.
- Shoulder-to-shoulder contact.

Tackling tips for players:

- Keep your eyes on the ball.
- Maintain a playing distance to the attacker so he cannot accelerate past you.
- Time your execution carefully.

13. Officials need to be instructed to closely monitor the game, including the issuance of yellow cards, when appropriate, to insure safety and encourage fair play during game.

E. CONCUSSION

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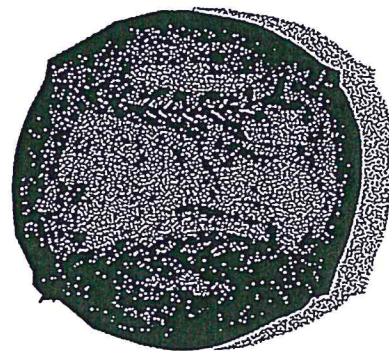
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Cleveland Metropolitan School District

Interscholastic Athletics Department

SOFTBALL SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

SOFTBALL SAFETY GUIDELINES

The Cleveland Senate League recommends that all softball coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. Emphasis must be applied to flexibility and strengthening of the throwing arm, shoulders and legs, all of which sustain great stress in softball. Stretching activities should precede all softball practices for joint flexibility and muscular elasticity. The coach should provide a continuing and progressive training program to advance the athlete's tolerance to fatigue; he should be aware of increased chances of injury to players' arms when throwing, and legs when sliding, starting, and stopping. Players should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Players should appreciate that the well-conditioned athlete will perform better with fewer injuries. Athletic conditioning is a cooperative venture among coach, athlete, parent, and physician.

B. GENERAL HEALTH

1. Sore arms are peculiar to softball. A coach should present a philosophy to include arm exercise and proper warm up, and should also schedule daily turnout time for this activity. Coaches should detail types of injuries which will occur without proper care. (Examples: 1) Sore over-extended muscles; 2) Hyper-extended elbow; 3) Calcium deposits at the joints; 4) Tendonitis; 5) torn ligaments and tendons; and 6) blisters.)
2. All equipment should be clean on issue, (e.g. disinfect batting helmets and masks.) Athletes are required to maintain cleanliness of equipment.
3. Emphasize that top performance is directly related to proper eating and sleeping habits.
4. All athletes should be cautioned to inform the coach of illness or skin conditions which may be transferred. They should also report any and all injuries, especially sore arms and blisters.
5. Water must be available for softball players at all practice sessions, (hydration is very important), as well as at all games.
6. Ice should be available during practice and competition.
7. Body cleanliness should be stressed. A daily shower is recommended.
8. Clothing should be suitable for warmth and be available at each practice and games.
9. Tobacco products are not to be used at practices or games.

C. SAFETY PRECAUTIONS

In order to encourage maximum participation with a minimum of risk, the following safety recommendations are provided:

1. The Playing Area (field)

Inspect the condition of the practice/game area, daily, and see that it is free of obstructions. Hazards should be identified and reported to the Athletic Office.

2. Protective Equipment

Protective equipment should be worn by all players, in all practices and games, and must be kept in good repair, including batting helmets and catcher's gear. Coaches should instruct players not to throw bats, gloves, helmets, or other equipment, and indicate the reasons why, and the dangers which can occur.

3. On Field Coaching

The first day's session should include thorough coverage of potentially dangerous and forbidden situations. Players should be made aware that a softball in motion is a highly dangerous projectile and its whereabouts should be known at all times. The coach should teach techniques systematically, by progression, cautioning players regarding possible dangers inherent to each position and/or skill. (Examples: 1) Sliding=injury to ankle, knee, fingers, head and neck; 2) Hitting=injury to on-deck batter and shaggers, pitcher and all non-attentive players; 3) Fielding=injury while practice hitting drills are taking place; 4) Collisions=unique to base running, base stealing and fielding.)

The coach shall have on hand, at all practice sessions and games, an appropriate first aid kit and emergency cards.

4. Injury Prevention and Conditioning

Pre-Practice/Game-Warm up and stretching activities to prevent muscle strains:

- a. Jog four minutes to warm up.
- b. Static stretching of major muscle groups. Sprinting $\frac{3}{4}$ speed for four 50-yard dashes.
- c. Catch. Start by throwing short distances and lengthen. Players should concentrate on accuracy. Five to seven minutes.

Provide necessary drills to focus players' attention on hazards involved in fielding ground balls, catching fly balls, running bases, and sliding and batting.

Field Inspection and Examination-Coaches and players should be encouraged to inspect and examine fields before participation to locate any hazardous features.

D. SAFETY PRECAUTIONS (continued)

Ground Balls-Players should be instructed to not turn their head away from the ball. Coaches hitting ground balls should progress from hitting easy to handle balls, to more difficult ones. Consider velocity and direction.

Fly Balls-Coaches should establish a system of communication in order to eliminate collisions between players. This involves outfielders, as well as infielders.

Players should be taught how to play fences and out-of-play areas.

Players should be taught how to field balls in the sun field.

Running Bases and Sliding

1. Coaches should emphasize the rule that helmets are worn while running.
2. Sliding techniques should be taught. Coaches should not assume players know how to slide.
3. Players should be instructed the technique involved in returning to base in the event of a pick-off attempt.

Batting

1. All players should be fully aware of balls being hit and thrown. This is particularly important for shaggers.
2. On-deck hitters must be alert at all times.
3. Hitters must be taught not to duck when a curve ball is thrown.
4. All players, not actively involved in hitting or fielding, must be behind protective screens.
5. Batters must be aware of the kind of live pitching to expect (i.e. will the pitcher try to fool the hitter, or will he warn him of the pitch to expect?)
6. Pitchers should yell a warning if the ball is thrown wildly.
7. Properly fitted helmets should be worn while batting.

E. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

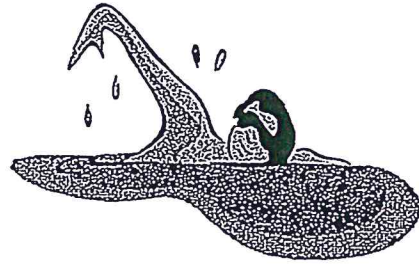
In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.

F. OHSAA INCLEMENT WEATHER POLICY

Coaches, certified athletic trainers, athletes, game officials and administrators must be aware of potential inclement weather and the signs which indicate thunderstorm development. There are specific guidelines on handling contests during lightning disturbances. **Whenever lightning is seen or thunder heard, the practice shall be**

suspended. Individuals should move to a safe area until the storm has moved away. Weather can be monitored using methods including:

- **Local Weather forecasts**-Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- **National Weather service**-Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.



Cleveland Metropolitan School District

Interscholastic Athletics Department

SWIMMING SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

SWIMMING SAFETY GUIDELINES

The Cleveland Senate Athletic League recommends that all swim coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all practices for joint flexibility and muscular elasticity. Adequate warm-up and warm-down should be included in every workout. Emphasis should be placed on improving the individual cardio vascular performance, strength and muscular endurance. The advisor should provide a continuing and progressive training program to advance the student tolerance to fatigue. For optimum improvement in muscular strength, weight training is considered desirable under qualified direction and supervision. Participants should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Students should appreciate that the well-conditioned athlete will perform better with fewer injuries. Athletic conditioning is a cooperative venture of the advisor, participants, parents, and physician.

B. GENERAL HEALTH

In the interest of maintaining the participants health and well-being, the League provides the following recommendations:

1. Emphasize that top performance is directly related to proper eating and rest.
2. All participants should be cautioned to inform the advisor of any and all illnesses, injuries, and medications being taken.
3. Emphasize the detrimental effects of tobacco, alcohol and drug use on the athlete's performance and overall well-being.
4. Proper footwear is essential. Shoes should be designed primarily for the activity. Shoes should be sized so that two pair of socks can be worn. Shoes should be broken in gradually, before being used in competition. Water and ice must be available during practices and matches.
5. Body cleanliness should be encouraged, i.e. daily showers should be taken.
6. Due to the weather extremes, during the season, i.e. early season cold, late season heat, participants should be advised to wear appropriate clothing before, during, and after practice sessions and matches.

7. Overuse injuries are common to tennis. A coach should present a program to include progressive training so as to avoid such injuries. Coaches should detail types of injuries which occur without proper care, i.e. shin splints, blisters (hand and foot), tendonitis of wrist, elbow and shoulder, muscle pulls (hamstrings, groin, etc.)
8. Athletes should be advised as to the importance of fluid intake before, during, and after practice.
9. Swimmers must inform the coach of any cases of skin rash, lesions and infections, and any eye infections and injuries. In these cases, the swimmer should be kept out of the pool until they receive a physician's release.
10. In any near-drowning incident, or any suspected aspiration of fluid by the lungs, swimmers must be seen by a physician, *immediately*.
11. Swimmers should be cautioned that distance swimming under water (any distance over twenty-five (25) yards) is dangerous and should not be allowed, as it may result in loss of consciousness and drowning. Breath control exercises, or sets, should be held only under the direct supervision of the coach.
12. It is recommended that water temperature be held between 78-82 degrees.

C. SAFETY PRECAUTIONS

Pool Environment

1. Water clarity should be such that the lines at the deepest point in the pool can be clearly seen.,
2. Adequate lighting is a necessity. Report any problems with pool lighting to the pool manager, or operator, and request immediate repair.
3. Starting blocks must be checked at all times. Report loose or broken blocks to the pool manager, or operator, and request immediate repair.
4. Backstroke flags should be available for use during workouts to reduce incidents of injury and simulate meet conditions.

D. GENERAL SAFETY GUIDELINES

1. Swimmers should be taught proper turn techniques, throughout the season, and should be advised of possible injuries related to improper turns, i.e. heel injuries in freestyle, hand injuries in backstroke, etc.
2. Swimmers should be taught proper starting techniques, throughout the season, and should be advised of possible injuries related to improper techniques, i.e. start in shallow water.
3. All start, turn, and stroke techniques should be taught systematically by progression.
4. Jewelry should not be worn, during practice, and is not allowed during competition.
5. A circle swimming pattern should be established in training, i.e. staying to the right of the lane, and swimmers should be advised to get out of the way of others,

- if they stop to rest during a set.
6. All posted pool safety rules should be adhered to, at all times.
 7. Coaches should be on the deck, and properly attired, at all times, during the workout sessions and meets.
 8. When possible, coaches should assign lanes by swimming strokes and speed.
 9. It is suggested that, during general training, no more than eight (8) athletes swim in a lane, at one time.
 10. At the start of the season, the coach should thoroughly cover all forbidden and potentially dangerous situations.
 11. Every meet should have a paid lifeguard (a member of the staff of that pool) on duty at all times, from warm-up, through the clearing of the pool after the meet.
 12. All transportation, to and from competition, should be supervised by a coach.

E. TEACHING RACING STARTS

1. The introduction of racing dives to novices should be done from the deck and in no less than six (6) feet of water.
2. Practicing starts, off starting blocks, should not be allowed, unless properly supervised, by the coach.
3. It is recommended that the Pike Start Dive be discouraged where starting blocks are located in the shallow end of the pool.
4. Adequate explanation and demonstration should precede the teaching or practicing of starts.
 - a. Upon entering the water, the head and hands should come upward, to prevent the swimmer from going too deep.
 - b. A straight body position, upon entering the water, should be emphasized to swimmers.
 - c. A powerful extension of legs and hips should be emphasized, as the swimmer leaves the starting block, to project the body out over the water.
5. Swimmers, practicing starting dives, should make sure the area is clear, before they dive.
6. Teams, practicing in pools where the starting blocks are located in the deep end, should practice starts at the shallow end of the pool, before traveling for a meet at a pool where the starting blocks are located at the shallow end.
7. Backstroke starts: Special care should be used in the standup start, in shallow end of the pool. Use of the arms, and head, to adjust glide depth, should be emphasized.

These suggested safety guidelines are presented in the interest of attempting to prevent injuries which might occur in teaching starting dives.

F. TEACHING RACING STARTS

Suggested Teaching Progression

1. Crawl Stroke Flip Turn:

- a. Begin with teaching the somersault motion away from the wall. A short, fast swim leading into a drop of the head, and small dolphin kick, to initiate the flip.

F. TEACHING RACING STARTS (continued)

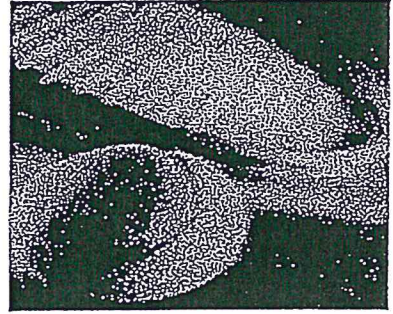
Suggested Teaching Progression

- b. Next, practice the placement of feet on the wall, by swimming a short distance easy swim, into a somersault with foot placement only (no push-off). At this point, an emphasis should be made on placing the feet twelve (12) inches to fifteen (15) inches under the surface, and on sighting the wall to attain correct distance.
 - c. Next, practice the full turn with push-off. The swimmer should regulate depth by hand and head position to prevent pushing off into the pool bottom. The speed of the somersault is increased with the speed of the stroke going into the wall.
2. Backstroke Turns:
- a. Practice using the flags for distance sighting before teaching full speed turns.
 - b. Emphasis should be on using a glide with kick going into the walls, until the swimmer is proficient.
3. Butterfly Turn:
- There is one safety concern on fly turns. Finishing a length, on half a stroke, can cause possible injury of hands or face. This can be avoided by practicing sighting the wall, two or three strokes away, and adjusting tempo and distance of remaining strokes.

G. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an “appropriate health care professional” shall be a physician, (MD or DO) and an athletic trainer, licensed.



Cleveland Metropolitan School District

Interscholastic Athletics Department

TENNIS SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

TENNIS SAFETY GUIDELINES

The Cleveland Senate Athletic League recommends that all tennis coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all tennis practices for joint flexibility and muscular elasticity. Emphasis should be placed on improving the individual cardiovascular performance, as well as strength and muscular endurance of the legs. The coach should provide a continuing and progressive training program to advance the athlete's tolerance to fatigue. Tennis players should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Players should appreciate that the well-conditioned athlete will perform better, with fewer injuries. Athletic conditioning is a cooperative venture among coach, athlete, parents, and physician.

B. GENERAL HEALTH

In the interest of maintaining the tennis player's health and well-being, the League provides the following recommendations:

1. Emphasize that top performance is directly related to proper eating and rest.
2. All athletes should be cautioned to inform the coach of any and all illnesses, injuries, and medications being taken.
3. Emphasize the detrimental effects of tobacco, alcohol and drug use on the athlete's performance and overall well-being.
4. Proper footwear is essential. Shoes should be designed primarily for tennis. Shoes should be sized so that two pair of socks can be worn. Shoes should be broken in gradually, before being used in competition. Players with ankle problems might want to consider three-fourth or high top shoes.
5. Water and ice must be available during practices and matches.
6. Body cleanliness should be encouraged, i.e. daily showers should be taken.
7. Due to the weather extremes, during the season, i.e. early season cold, late season heat, athletes should be advised to wear appropriate clothing before, during, and after practice sessions and matches.
8. Overuse injuries are common to tennis. A coach should present a program to include progressive training so as to avoid such injuries. Coaches should detail types of injuries which occur without proper care, i.e. shin splints, blisters (hand and foot), tendonitis of wrist, elbow and shoulder, muscle pulls (hamstrings, groin, etc.)

C. SAFETY PRECAUTIONS

1. A first aid kit, properly supplied and including athletic emergency cards, should be available at every practice and match.
2. Rehabilitation of injuries should be carefully monitored. When a player is injured severely enough to see a doctor, a doctor's release is required before resumption of participation.
3. Match play, or practice sessions, should be stopped when tennis courts become slippery (i.e. rain, snow) and proper footing is not possible. This decision may vary from court to court. The ultimate decision is the responsibility of the coach and should be made with the players' safety in mind.
4. Any tennis ball lying on the immediate playing area should be removed before the next ball is put in play. For example:
 - a. First serve ball that rolls back into playing area after hitting the net.
 - b. Second serve ball being placed beside server while first serve is being made.
 - c. Any ball that comes from another court into playing area, play should be stopped, ball removed and a let played.
5. The tennis net should be considered an attractive nuisance, and therefore, jumping over the net is prohibited.
6. Tennis courts should be checked daily for playability, i.e. removal of glass, dirt, etc.

D. SUGGESTED TECHNIQUES

1. Stretch, before you play, after you play, and re-stretch, before you play after an extended break, i.e. rain delay, between singles and doubles.
2. Warm-up arm, shoulder, legs, etc. gradually. Don't try to do too much, too quickly.
2. Pre-season individual conditioning should be encouraged.

E. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.

F. OHSAA INCLEMENT WEATHER POLICY

Coaches, certified athletic trainers, athletes, game officials and administrators must be aware of potential inclement weather and the signs which indicate thunderstorm

development. There are specific guidelines on handling contests during lightning disturbances. **Whenever lightning is seen or thunder heard, the practice shall be suspended. Individuals should move to a safe area until the storm has moved away. Weather can be monitored using methods including:**

- **Local Weather forecasts**-Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- **National Weather service**-Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

H. ENVIRONMENTAL CONDITONS

Practice sessions should be revised when environmental conditions –heat index–warrant. High heat and humidity should alert coaches to health concerns of their athletes. When the temperature –humidity factor, commonly referred to as the heat index, is elevated revision in practice sessions; holding practices in the morning or evening; altering the amount of equipment worn; reducing the intensity of practice sessions.



Cleveland Metropolitan School District

Interscholastic Athletics Department

TRACK SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

TRACK SAFETY GUIDELINES

The Cleveland Senate Athletic League recommends that all track coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all track practices for joint flexibility and muscular elasticity. Adequate warm up, and warm down, should be included before and after workouts. Emphasis should be placed on improving the individual's cardiovascular performance, strength and muscular endurance. The coach should provide a continuing and progressive training program to advance the athlete's tolerance to fatigue. Athletes should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Athletes should appreciate that the well-conditioned athlete will perform better, with fewer injuries. Athletic conditioning is a cooperative venture of the coach, athlete, parents, and physician.

B. GENERAL HEALTH

In the interest of maintaining the athlete's health and well-being, the League provides the following recommendations:

1. All equipment should be clean on issue. Athletes are required to maintain cleanliness of equipment.
2. Blood or other body fluids may harbor a number of organisms that are potentially infectious to others. Contact with blood, urine, feces, vomitus and other fluids containing blood should be avoided.
3. Emphasize that top performance is directly related to proper eating and sleeping habits.
4. Emphasize the detrimental effects of tobacco, alcohol, and drug use on the athlete's performance and overall well-being.
5. Emphasize the importance of proper running shoes for prevention of leg and foot injuries.
6. Overuse injuries are common for track athletes.. A coach should present a philosophy to include progressive training so as to avoid such injuries. Coaches should detail types of injuries which occur without proper care, i.e. shin splints, stress fractures, blisters, etc.
7. All athletes should be cautioned to inform the coach of any and all illnesses, injuries, and medications being taken.
8. Water must be available for athletes, during practices and competition.
9. Ice should be available for first aid during practice and competition.

B. GENERAL HEALTH (continued)

9. Body cleanliness should be encouraged, i.e. daily showers should be taken.
10. Due to the weather extremes, during the season, i.e. early season cold, late season heat, athletes should be advised to wear appropriate clothing—before, during and after practice sessions.

C. SAFETY PRECAUTIONS

In order to encourage maximum participation with a minimum amount of risk, the following recommendations are made for the various track and field event areas:

1. Pole Vault

1. All equipment and facilities for practice and competition, i.e. vaulting box, landing mats, runway standards, cross-bars, etc. should adhere to the guidelines published by the National Federation.
 2. The vaulting poles should be high quality, produced by a respectable manufacturer. They should be in good repair and inspected regularly for defects.
 3. The coach should teach techniques systemically by progression, cautioning pole vaulters regarding possible hazards inherent in the event.
 4. Vaulters should use poles appropriate to their weight.
 5. The mastery of basic skills, through drills, should be required, prior to allowing the athlete to vault for height, i.e. rope vaulting, tumbling and gymnastic skills, vault trainers, “on the pole” short approach drills, planting drills, etc.
 6. Pole vaulters *ONLY*, as designated by the coach, should be allowed in the vaulting area.
 7. Pole vaulters should inspect the vaulting area, daily, for potential hazards, prior to practice.
2. In order to safely deal with the proper cleaning and disinfection of blood and body fluids, the following procedure is recommended:
- a. If a skin lesion is observed, it should be immediately cleansed with a suitable antiseptic and securely covered.
 - b. If a bleeding wound occurs, the individual’s participation should be interrupted until the bleeding has been stopped and the wound is cleansed with antiseptic and securely covered or occluded.
 - c. Surfaces soiled with blood, urine, feces, vomitus and other body fluids containing blood should be thoroughly washed with soap and water, then disinfected with an EPA approved disinfectant.
 - d. Personnel cleaning the spill or treating the injury will wear gloves and wash hands thoroughly when finished.
 - e. Disposable towels should be used whenever possible.
 - f. Mops should be thoroughly rinsed in the disinfectant solution.
 - g. When exposed to blood and body fluids, employees must complete the Blood and Body Fluids Incident Form.

C. SAFETY PRECAUTIONS (continued)

3. High Jump

1. All equipment and facilities for practice and competition, i.e. landing pads, standards, crossbars, runways, etc. should adhere to the guidelines published by the National Federation.
2. The coach should teach techniques systematically by progression, cautioning high jumpers regarding possible hazards in the event.
3. The mastery of basic skills through drills should be required prior to allowing the athlete to jump for height, i.e. "pop-ups," approach work in gym, mat drills for "flop" technique, short approach drills, etc.
4. High jumpers **ONLY**, as designated by the coach, should be allowed in the high jump area.
5. High jumpers should inspect the jumping area, daily, for potential hazards, prior to practice.

4. Long/Triple Jumps

1. All equipment and facilities for practice and competition, i.e. landing pits, take-off boards, runways, etc., should adhere to the guidelines published by the National Federation.
2. The coach should teach techniques systematically by progression, cautioning jumpers regarding possible hazards in the event.
3. The mastery of basic skills through drills should be required, prior to allowing the athlete to jump for distance, i.e. "pop-ups," approach work, "hang" and "hitch-kick" technique drills, hopping and bounding drills, box drills, etc.
4. Long/triple jumpers **ONLY**, as designated by the coach, should be allowed in the jumping area.
5. Long/triple jumpers should inspect the jumping area, daily, for potential hazards, prior to practice.
6. All jumpers (also vaulters/hurdlers) should be advised to wear heel cups to prevent injuries.

5. Shot Put

1. All equipment, and facilities, for practice and competition, i.e. putting circles, stopboards, throwing areas, etc., should adhere to the guidelines published by the National Federation.
2. The coach should teach techniques systematically, by progression, cautioning throwers regarding possible hazards in the events.
3. The throwing area should be clearly marked and cordoned off, if possible, with ropes, flags, cones, fence, etc.
4. The mastery of basic skills through drills should be required prior to allowing the athletes to throw for distance, i.e. technique drills without shot, half-circles, slides and glides drills, full-circles, technique work with shot, etc.

C. SAFETY PRECAUTIONS (continued)

5. Shot Put (continued)

5. Shot putters **ONLY**, as designated by the coach, should be allowed in the throwing area. Shot putters should be cautioned to *never* throw the shot until they have visually checked the throwing area, prior to release. Those individuals returning the shot, from the throwing area to the ring, should be cautioned to station themselves well out of range of the putter throwing the shot.
6. Shot putters **ONLY**, as designated by the coach, should be allowed to handle the shots. They should be instructed to throw the shots only in the designated throwing area.

6. Hurdles

1. All equipment and facilities for practice and competition, i.e. hurdles, blocks, track, etc., should adhere to the guidelines published by the National Federation.
2. The coach should teach techniques systematically, by progression, cautioning hurdlers regarding possible hazards in the event.
3. The mastery of basic skills, through drills, should be required prior to allowing the athlete to run regulation hurdles and distances, i.e. lead and trail leg drill, "soft-top" hurdling, chop-step hurdling, etc.
4. Hurdles **ONLY**, as designated by the coach, should be allowed in the hurdles area.
5. Hurdlers should inspect the hurdling area daily for potential hazards, prior to practice.

7. Sprinters/Middle Distance

1. All equipment and facilities for practice and competition, i.e. starting blocks, track, etc., should adhere to the guidelines published by the National Federation.
2. The coach should teach techniques systematically, by progression, cautioning sprinters regarding possible hazards in their events.
3. The mastery of basic skills through drills should be required prior to allowing the athlete to sprint competitively, i.e. running belts, high knees, blocks techniques, relay techniques (hand-offs, zones) etc.
4. Sprinters should inspect the track, daily, for potential hazards, prior to practice.

C. SAFETY PRECAUTIONS (continued)

8. Distance Runners

Due to the unique nature of distance running, our activity area is variable and boundless. Thus, we need to address safety guidelines for a number of situations:

1. Road Running

- a. All runners should check with the coach at the beginning of practice, before leaving the area, and check in, upon return.
- b. Extreme caution should be taken, i.e. no running in the street (run on shoulders and sidewalks, and grass strips), cross only at intersections and crosswalks, run facing flow of traffic, etc.
- c. Runners should inspect the track area, daily, for potential hazards, prior to practice.

2. Track Workouts

- a. Runners should inspect the track area, daily, for potential hazards, prior to practice.
- b. Runners should be aware of other athletes using the track in their workouts.

D. GENERAL PRECAUTIONS

1. At the start of the season, the coach should thoroughly cover all forbidden and potentially hazardous situations for all athletes.
2. All athletes should be trained to extend track courtesy to other athletes, during practice and competition.
3. The coach should provide an appropriate first aid kit and emergency cards at all practice sessions and competition.

E. CONCUSSION

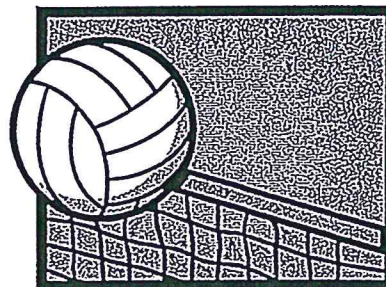
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F. OHSAA INCLEMENT WEATHER POLICY

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Cleveland Metropolitan School District
Interscholastic Athletics Department

VOLLEYBALL
SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

VOLLEYBALL SAFETY GUIDELINES

The Cleveland Senate League recommends that all volleyball coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. Emphasis must be applied to flexibility and strengthening of the hitting arm, shoulders, knee, and back, all of which sustain great stress in volleyball. *Stretching* activities should precede all volleyball practices for joint flexibility and muscular elasticity. The coach should provide a continuing and progressive training program to advance the athlete's tolerances to fatigue. The coach should be aware of the increased chance of injury to player's arm, back, fingers and knee, when hitting or blocking, and the correct techniques for performing sprawl, roll and dive, to avoid chances of injury. Players should be attuned to the idea that conditioning is a continuous process, not simply as an in-season activity.

B. GENERAL HEALTH

In the interest of maintaining the volleyball players' health and well-being, the League provides the following recommendations:

1. Injuries to fingers are peculiar to volleyball. A coach should present correct techniques for handling the ball to prevent injuries to this area. Examples:
 - a.) Hypertension of the thumb when setting;
 - b.) Torn ligaments and tendons;
 - c.) Irritation of finger tips due to excessive handling of the ball.
2. Blood or other body fluids may harbor a number of organisms that are potentially infectious to others. Contact with blood, urine feces, vomitus, and other fluids containing blood, should be avoided.
3. The majority of ankle injuries seem to occur during net play. Players must be cautioned to perform skills correctly.
4. Ice should be available during practice and competition.
5. All athletes should be cautioned to inform the coach of illness and/or injuries; no matter how minor.
6. Water must be available at all practices and games.
7. Clothing should be suitable to the skills involved in volleyball.
8. Emphasize that top performance is directly related to proper eating and sleep habits.
9. Instruct players regarding hygienic use of water containers and the spreading of communicable disease through them.

C. SAFETY PRECAUTIONS

1. A regulation net should be required. Net standards, and any wire or cable attached to the net, must be properly adhered and padded.
2. In order to safely deal with the proper cleaning and disinfecting of blood and body fluids, the following procedure is recommended:
 - a. If a skin lesion is observed, it should be immediately cleansed with a suitable antiseptic and securely covered.
 - b. If a bleeding wound occurs, the individual's participation should be interrupted until the bleeding has been stopped and the wound is cleansed with antiseptic and securely covered.
 - c. Surfaces soiled with blood, urine, feces, vomitus and other body fluids containing blood, should be thoroughly washed with soap and water, then disinfected with an EPA approved disinfectant.
 - d. Personnel cleansing the spill, or treating the injury, will wear gloves and wash hands thoroughly when finished.
 - e. Disposable towels should be used whenever possible.
 - f. Mops should be thoroughly rinsed in the disinfectant solution.
 - g. When exposed to blood and body fluids, employees must complete the Blood and Body Fluids Incident Form.
3. Floor surface must be clean and cleared of obstructions to allow legal play.
4. All hazards around playing court should be identified and precautions taken to prevent a possible injury.
5. Players should be made aware that during hitting and blocking drills and warm-ups, volleyballs around the net area are dangerous. Coaches should teach proper techniques for warm-up, and drills, to eliminate the possibility of a hitter, or blocker, coming down on a loose ball.
6. Coaches shall have an appropriate first aid kit and emergency cards, on hand, at all practice sessions and games.
7. The coach should teach techniques systematically, by progression, cautioning volleyball players regarding possible hazards inherent in performing such high injury skills as the dive, roll, sprawl, hitting and blocking. The coach shall provide periodic review.

D. TRAVEL

1. Adhere to guideline set up by the Cleveland Metropolitan School District which are in the Coaches' Manual.

E. SUGGESTED DRILLS AND TECHNIQUES

1. **Stretching and Conditioning Exercises**
2. **The Set**

Position of Hands on the Ball

This is very important as we have found that this is the basis of all future volleyball play. We use the following as the simplest way to teach this skill:

- a. With the ball on the ground, place the thumbs together in a straight line, and join the forefingers together to form a triangle. Then bring the hands apart in that position until there is at least one and one-half inches between the thumbs. This is the correct position and the easiest position for volleying, and the more time you put into achieving this position so that it becomes automatic, the better the volley is.
- b. Jan Prsala, the noted Czech coach and expert, has emphasized that scientifically the best way to volley is to actually "carry" the ball. The muscles of the leg should be utilized to help gain lift. Therefore, we stress that:
 - One foot is placed in front of the other, and the knees are bent.
 - The hands, with the fingers open, commence their motion at chest height.
 - Contact is made with the ball approximately one-half inch off the forehead and is kept with the ball until the full extension of the arms and legs is gained. This is where the ball is actually "carried" from the forehead to the fingertips' extension.

Drills

1. Ball on the ground.
2. Throw and catch.
3. Continuous volleying.
4. Volley and back volley.

3. Ankles-Spiking and Blocking

- a. Two foot take-off to stop forward momentum at net.
- b. Spikers need to be taught to keep the ball at arm's length in front when hitting the ball.
- c. Blockers pike at net.
- d. Players are constantly taught the three reasons why they are blocking.
 - Take-away area.
 - Intimidation.
 - Stuff the ball, **BUT NEVER TO ATTACK.**
- e. Flex ankles and knees to absorb force when returning to the floor. A balanced landing is important.

4. Teaching Progression

- a. Learn overhead hitting pattern from tossed ball to self.
- b. Practice hitting the ball to the floor with wrist, elbow and shoulder snap.
- c. Volley the ball off the wall to the floor.
- d. Practice approach, jump and spike a tossed ball.

- e. Spiker passes ball to setter and waits for the ball to be set before starting her approach.

5. Hazards Around Playing Court

- a. Players should be coached to help each other by calling to player, “**You’re all right**”, or “**Stop**”, or other suitable cue words to let the player know if she is in danger.
- b. Players should be coached to immediately freeze, if a ball on court is called by anyone. Players all need to be taught to call ball on court, if observed.
- c. Players also need to be taught to **kick the ball away** from net area even though the ball on court has been called.

6. Roll – Sprawl – Shoulder Roll – Barrel Roll

Analysis: a. Positioning: same as for the forearm pass.

b. Action:

- Pivot the lunge leg inward and turn the shoulders to face the direction of the pass. Execute a one-leg squat and roll onto the hips and back.
- The ball contacted either with a two-hand or one-hand forearm pass (dig).
- Pivot inward rolling onto the hips and back, and continue on over the shoulder opposite the digging hands.
- Sequence: reach, hit, and roll.

Common Errors:

- a. Failure to stay low throughout.
- b. Passing arm contacts the floor prior to the roll.
- c. Failure of the legs to come up and over the shoulder.

Teaching Progression: (knee pads are used at all times)

- a. Review semi-roll.
- b. Use mats. Teach back shoulder roll (both sides).
- c. Use mats. Mimetic drill of position and roll action without the ball.
- d. Use mats. Soft ball toss to the side. Reach, hit, roll.
- e. Move to bare floor only after the technique is mastered.

The Sprawl – Used to reach a ball falling too short to be handled any other way.

- Beginning with bent knees (hip low), the player reaches forward, bumps the ball, pushes along the floor with her hands to break the fall by sliding. **THE KNEES DON’T TOUCH THE FLOOR.**
- Stuff the ball, **BUT NEVER TO ATTACK.**

- d. Flex ankles and knees to absorb force when returning to the floor. A balanced landing is important.

F. Concussion

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an “appropriate health care professional” shall be a physician, (MD or DO) and an athletic trainer, licensed.



Cleveland Metropolitan School District

Interscholastic Athletics Department

WRESTLING SAFETY GUIDELINES

June 2012

Cleveland Metropolitan School District

Interscholastic Athletics Department

WRESTLING SAFETY GUIDELINES

The Cleveland Senate League recommends that all wrestling coaches in this League adhere to the following guidelines:

A. CONDITIONING

Daily practice sessions should include activities designed to improve the athlete's flexibility, strength, and endurance. *Stretching* activities should precede all basketball practices for joint flexibility and muscular elasticity. Emphasis should be placed on improving the individual cardio vascular performance, strength, and muscular endurance of the arms and legs. Players should appreciate that the well-conditioned athlete will perform better with fewer injuries. Players should be attuned to the idea that conditioning is a continuous process, not simply an in-season activity. Athletic conditioning is a cooperative venture of the coach, athlete, parents, and physician.

B. GENERAL HEALTH

In the interest of maintaining the wrestlers health and well-being, the League provides the following recommendations:

1. All equipment should be clean on issue. Athletes are required to maintain cleanliness of equipment.
2. Emphasize that top performance is directly related to proper eating and sleeping habits.
3. Emphasize the detrimental effects of tobacco, alcohol, and drug use on the athlete's performance and overall well-being.
4. Proper footwear is essential. Shoes should be designed primarily for wrestling. The shoes must fit properly. Clean socks should be worn every day. (Socks should be smoothed out over the entire foot before shoe is put on.)
5. Overuse injuries are common to wrestling. A coach should present a philosophy to include **progressive training**, so as to avoid such injuries. Coaches should detail types of injuries which occur without proper care, i.e. shin splints, stress fractures, blisters, tendonitis of the knee, hamstrings, groins, etc.
6. All athletes should be cautioned inform the coach of any and all illnesses, injuries, and medications being taken.
7. Body cleanliness should be encouraged, i.e. daily showers should be taken.

SAFETY PRECATIONS

In order to encourage maximum participation with a minimum amount of risk, the following safety recommendations are provided:

1. The coach should teach techniques systematically, by progression, cautioning wrestlers regarding possible hazards inherent in each position. Provide periodic review.
2. First day session should include thorough coverage of illegal and potentially dangerous situations. Indicate reasons why such situations are dangerous. Provide periodic review.
3. Protective equipment should be worn by all wrestlers in all practice and match sessions and must be kept in good repair.
4. Avoid competition between wrestlers of disparate weight, strength or ability.
5. Coach must see that the wrestler practice areas are free of obstructions. Mats must be taped and secured.
6. No wrestler should be allowed to compete until the coach feels the wrestler can protect himself.

SUGGESTED TECHNIQUES AND DRILLS

1. Wrestlers should be instructed in the correct methods of falling.
 - A. It should be emphasized that wrestlers should roll through falls. "Taking" the fall involves absorbing trauma with the body and limbs, but not fully extended limbs. Wrestlers should relax and roll into a fall.

SUGGESTED DRILLS: Forward rolls, shoulder rolls, backward rolls, hip rolls, and two-man rolls (to become accustomed to moving on and off the mat with an opponent).

Examples of how proper falling techniques and rolls are used in a match:
Head and arm, fireman's carry, single and double leg takedown, lateral drop, forward trip from behind position.

- B. It should be emphasized that elbows should be kept in and hands out so that wrestlers can improve protection of the shoulders. Wrestlers should be instructed to use "bowed" arms, rather than fully extended arms to break falls.
- C. Wrestlers should be cautioned that they are responsible for the opponents safety to the mat and point out dangerous positions:
 - i. 2 on 1 or 1 on 1- opponents should not be driven to the mat on the shoulder --- hips or side of the body is preferred.
 - ii. When lifting an opponent to take him to the mat, the wrestler should break opponents fall by using the knee for the initial contact, or use some other simple technique.
 - iii. On head and arm TD – The wrestler on offense should not land sitting on the opponents chest – the preferred method is a " corkscrew" technique where the offensive wrestler is twisting his body and landing on his own buttocks.

2. Posture- As in wrestling and other sport's, the wrestler should keep his head up. NOTE: for the HEAD-HIP-FEET relationship, the proper position for a wrestler is similar to a good linebacker positioning in football. The knees should be bent, hips over
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the feet, and head erect (looking forward). This position allows the wrestler better body control and reduces fatigue caused by improper weight distribution. Proper positioning emphasizes lifting with the legs under the torso for lifting.

Suggested Drills: Shoot body with the back erect, head up and facing forward while facing a wall to develop TD technique. Supervised TD drills emphasizing an erect back, head up, with legs under the torso for lifting.

3. Review all illegal and potentially dangerous holds. Such holds should be simulated to show wrestlers how and why they are dangerous. Include demonstrating how force against the shoulder is dangerous. Wrestlers should be forbidden to use illegal or potentially dangerous holds at any time. It is equally important to show and discuss legal holds while discussing illegal holds. Include reviews of the switch and standing switch moves.

C. CONCUSSION

Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with written authorization by an appropriate health care professional.

In Ohio, an "appropriate health care professional" shall be a physician, (MD or DO) and an athletic trainer, licensed.