

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Preventing sport-related injuries: what to do and when to do it



BEFORE THE SEASON

- Have a medical profile completed for each participant.
- Inform parents of possible risks.
- Ensure facilities and equipment meet established safety requirements.
- Create and fill in a facility safety checklist.
- Review last season's injuries and/or common injuries in your sport.

DURING THE SEASON

Before a practice or competition

- Inspect equipment and facilities.
- Meet with the officials.
- Prepare an Emergency Action Plan.
- Plan specific safety measures for the practice/competition.

During a practice or competition

- Inform participants of specific safety measures relating to activities, facilities, and equipment.
- Ensure there is proper supervision.
- Evaluate participants.
- Ensure that fair play principles are followed.

After a practice or competition

- Store equipment safely.
- Fill in an accident report if necessary.

AFTER THE SEASON

- Keep an accident/injury report log.

Source: *Community Sport – Initiation Reference Material*, Coaching Association of Canada, 2003.

