

**NATRONA COUNTY SCHOOL DISTRICT  
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**FOOTBALL  
CHECKLIST OF PROCEDURES**

A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign \_\_\_\_\_ Date \_\_\_\_\_

B. Emergency Action Plan is outlined, on file in the Athletic office and reviewed by all coaches. Emergency Action Plan should include the following information:

1. Separate plans should be developed for each facility.
  - a. Outline personnel and role.
  - b. Identify necessary equipment.
2. Availability of phones and access to 911.
3. Keys to gates/locks must be easily accessible.
4. Individual should be assigned to accompany athletes to hospital.

Sign		Date	
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C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the DVD “Heads UP” Reducing the Risk of Head and Neck Injuries in Football. Each coach has read and understands.

Sign		Date	
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D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold etc. Review charts on lightning and cold hazards as well as review use of lightning detectors.

E. Explain procedures for dealing with injury and illness, including exposure to blood and / or other body fluids.

F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”

G. Explain all drills and their purpose (conditioning, improving skills, safety).

Sign \_\_\_\_\_ Date \_\_\_\_\_

H. Review safety posters with athletes. (NOCSAE Helmet Warning, Mouth Guard Warning).

Sign \_\_\_\_\_ Date \_\_\_\_\_

I. Coaches, demonstrate and explain proper blocking and tackling techniques.

J. Review proper helmet and uniform fit and the care of equipment with the athletes.

Sign \_\_\_\_\_ Date \_\_\_\_\_

Equipment Maintenance Check	_____	Date	_____
Equipment Maintenance Check	_____	Date	_____
Equipment Maintenance Check	_____	Date	_____

K. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.

