



Sports Safety

Recreational activities are pillars of summer/winter camp, summer school, and recreational center experiences. They provide an opportunity for socialization and learning in a fun setting. These activities also provide an increased liability and potential for staff and/or participant injury. The safety of participants and staff should be standard operating procedure. It should be completed to the highest professional standards and in line with federal, state, local, and accrediting agency guidelines. The following checklist template provides a high level oversight to assist with your activity structure. Your organization is responsible for the development of your own written program guidelines and policies for the oversight of your activities. Through consistent management and preventative programs, exposures can be reduced to help ensure a safe recreational experience.

Pre-Activity:

- Established written program guidelines which outline participant assessment, liability waivers, instructor requirements, training, emergency action plan, and other additional criteria as required by best practices along with local, state, and federal statutes.
- Participant assessment protocols in place and completed in line with internal written policies. This includes emotional and physical assessment of each participant to assess their ability to safely participate in the activity.
- Participant files contain emergency contact information and legal counsel reviewed liability waivers signed by legal guardians.
- Active and updated training program attended by all participants.
- Equipment deemed suitable and inspected for function and condition prior to use.

Oversight/Program Director:

- Coaches and volunteers vetted for training experience and criminal background as outlined in written policies.
- Coaches have training and certifications from nationally recognized and accredited programs:
 - [NAYS \(National Alliance for Youth Sports Coaching Youth Sports Training\)](#)
 - [American Coaching Academy](#)

Facilities:

- Designed for the intended use. Maintained fields and suitable spectator areas with defined areas of limited access.
- Appropriate signage with posted rules and instructions.

Safety During Sporting Activity:

- Clearly outlined rules for practice and play. (Codes of conduct, sportsmanship, horseplay, discipline, etc.).
- Personal protective equipment program. Outlines equipment usage, inspection process, and storage. Minimal protective equipment includes:
 - [National Operating Committee on Standards for Athletic Equipment](#)
- No fewer than one coach and one volunteer during practice or play events. Additional spectator oversight provided by counselors.

Loss Control Services

Recreational/Camp Activities: Specialty Care Services

Additional Resources:

[American Academy of Pediatrics](#)

[Youth Sports Safety Resources](#)

[Center for Disease Control and Prevention - Sports Safety](#)

[Sports and Recreation Safety Useful Links](#)

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