



AYSO Region 803 Safety Policy & Plan

General Information

Welcome to the AYSO Region 803 Safety Policy & Plan webpage. Below contains information for players, coaches, referees and parents regarding expectations for parents, coaches, referees and players in a variety of situations.

Insurance

- Soccer Accident Insurance (SAI). AYSO National provides a supplemental insurance policy for registered players and registered volunteers that covers medical expenses related to on field injuries that are not covered under your normal medical insurance coverage. The policy is a \$200.00 deductible policy that covers the injuries after your insurance has already paid. This policy is free-players and volunteers are automatically covered when they register.
- Review [AYSO Soccer Accident Insurance Information](#) for a more detailed explanation of the plan and for [AYSO SAI Claim Forms](#).
- Upon returning from the injury, parents need to complete a Participation Release Form and deliver the signed form to the Safety Director or Commissioner prior to the player returning to play. The form is available at [AYSO Participant Medical Release Form](#).

Role of the Parents

- It is important to note parents always have the right to not allow their child to practice/play for any reason, including weather conditions.
- Parents should ensure adequate sunscreen, hydration and clothing are utilized by their children based on weather conditions. Consider additional water, sun shades and fans in high temperatures.
- Parents shall ensure relevant, high risk health conditions that may impact the player during AYSO-sanctioned events are shared with the coach.
- **Parental Presence:**
 - **Playground - 10U:** A parent or guardian must stay at the field for the duration of games or practice.
 - **12U- and above:** If a player is “dropped off” parent must check in with coach before leaving and confirm contact information.
 - Parents must be able to return in a timely fashion in case of an emergency or inclement weather.
 - If a player is to leave any AYSO sanctioned event with an individual other than a parent, the parents must inform the coach who will be responsible upon practice/ game completion.
- Parents shall ensure that their children do not climb on goals.
- Parents shall ensure that players are properly dressed for practices and games. This includes:
 - Players wear either tennis shoes or soft-cleated soccer shoes.
 - Note: Because of the potential for causing injury, shoes with a toe cleat, such as baseball or football shoes, are not allowed.
 - Players wear shin guards and the shin guards are completely covered with socks.
 - Players remove ALL Jewelry before games and practices. Medical bracelets may be worn if properly taped down
- Parents shall ensure that players bring a water bottle to both practices and games.
- Parents shall stay on the sidelines opposite of players’ bench.
- Parents shall report to coaches all player injuries that occur during AYSO-sponsored events.
- Parents shall be aware of the importance of [Street and Parking Lot Safety](#).
- Parents need to be aware of how to respond to [Active Shooter situations](#).

Role of the Coaches

- Coaches shall complete necessary background checks and AYSOU training based on AYSO requirements. [AYSO Policy Criminal Background Check](#)

- Coaches shall ensure that goal posts are properly anchored to the ground prior to the start of practice.
- Coaches shall check the players equipment before the start of practice.
- **Coaches may not leave practice or a game until each player has left with their responsible adult.**
- Coaches shall inspect the playing field prior to the start of practice for debris or unsafe playing conditions.
- Coaches shall ensure that players bring a water bottle to both practices and games and properly hydrate before, during and after games.
- Coaches shall ensure spectators remain on the opposite side from players' bench during games.
- Coaches shall report all player/volunteer injuries that take place during AYSO-sponsored events to the AYSO Region 803 Safety Director and fill out an [AYSO Incident Report Form](#).
- Coaches shall bring a first aid kit to all practices and games.
- Coaches shall cancel practice in case of unsafe physical or environmental condition exists.
- Coaches shall be aware of the importance of [Street and Parking Lot Safety](#).
- Coaches need to be aware of how to respond to [Active Shooter situations](#).

Role of the Referees

- Referees shall ensure that goal posts are properly anchored to the ground prior to the start of play. See the AYSO webpage on [AYSO Goal Safety](#) for more information.
- Referees shall inspect the players equipment before the start of each game.
- Referees of the first game of the day shall [AYSO Field Assessment Worksheet](#) prior to the start of the day's games for debris that might injure players.
- Referees shall ensure that substitute players, coaches, and spectators are located sufficiently away from the field of play to avoid injury.
- Referees shall assess for an unsafe physical or environmental conditions - see Weather Safety Policy.

Specific Safety Situations

Concussion Awareness

- Definition: A concussion is a mild traumatic brain injury (TBI). It can occur after an impact to your head or after a whiplash-type injury that causes your head and

brain to shake quickly back and forth. A concussion results in an altered mental state that may include becoming unconscious.

- Warning Signs of Concussion:
 - [Recognize to Recover - Concussion Initiative Video U.S. Soccer](#)
 - Changes in mental status: unawareness of the game, confusion, amnesia (doesn't recall events prior to the hit or after the hit), changes in alertness, lack of knowledge of time, place or date, slowed responses to questions or conversations, decreased attention & concentration
 - Mental and emotional changes: depression, anxiety, anger, irritability, emotionally unstable
 - Physical changes: headache, dizziness, nausea, unsteadiness/loss of balance, feeling "stunned" or "dazed", seeing stars or flashing lights, ringing in the ears, double vision
- Emergency Response to Concussion:
 - If a concussion is suspected, the player shall be removed from play and cannot return to play for the remainder of the day
 - Parents should always be encouraged to seek appropriate medical care and medical clearance.
- Additional Information & Steps
 - Coaches must complete an [AYSO Incident Report Form](#).
 - A player may only return to AYSO activities (i.e., practice, game, tournament, etc.) with an [AYSO Participation Return To Play Form](#) signed by the parent or guardian.
 - All of these forms, including a copy of the signed Player Registration form, AYSO Incident Form and any [AYSO Soccer Accident Insurance \(SAI\) Claim Forms](#) claims forms, must be emailed to the Region Safety Director at safety@ayso803.org and Regional Commissioner at commissioner@ayso803.org. The Region Safety Director will forward completed forms to the National Office.
- For more information go to the CDC Centers for Disease Control and Prevention Heads up Concussion pages at: [CDC "Heads Up" Concussion Action Plan](#).

Heat Related Illnesses: Dehydration, Heat Cramps, Heat Exhaustion & Heat Stroke

Dehydration & Heat Cramps

- Warning Signs:
 - Thirst
 - Muscle cramping - particularly in abdomen & legs

- Clammy skin
- Nausea
- Emergency Response to Heat Cramps:
 - Rest in a shady spot.
 - Sip one glass of cool water every 15 minutes until the pain relents.
 - If the player's parents are on hand, have them help by:
 - Massaging the affected muscles.
 - Applying cool, wet cloths to help relax the muscles
- Risk of Inaction: progression to heat exhaustion or heat stroke

Heat Exhaustion

- Warning Signs:
 - Cool, moist, flushed skin
 - Heavy sweating
 - Headache, dizziness
 - Nausea
 - Muscle Cramps
 - Dry Mouth
- Emergency Response to Heat Cramps:
 - Rest in a shady spot, elevate player's legs
 - Remove shoes, shin guards & socks
 - Apply cold packs to the armpit and scalp areas
 - Have player drink water or electrolyte solution
 - Sip one glass of cool water every 15 minutes until the pain relents.
 - If the player's parents are on hand, have them help by:
 - Remove the player's shirt.
 - Applying cold packs to the groin area
- Risk of Inaction: progression to heat stroke

Heat Stroke

- Definition: When the body completely loses the ability to cool itself, the internal temperature continues to rise. If a player's temperature rises too quickly, brain damage and/or death may result.
- Warning Signs:
 - Hot, dry skin
 - Fair complexions may appear red, while darker-skinned individuals may appear gray.
 - Swollen tongue
 - Visual disturbances
 - Rapid pulse / heart rate

- Unsteady gait
- Fainting
- Extremely high body temperature
- Confusion or lack of responsiveness
- Seizures
- Emergency Response to Heat Cramps:
 - Call 911 Immediately
 - Follow recommended treatment for heat exhaustion - immerse in cold water if possible or rub with alcohol.
 - Do NOT attempt to give any liquids
 - Contact player's parents
- Risk of Inaction: progression to brain damage, death

Active Shooter Preparedness

- Background:
 - Active shooter situations can be random, with rapid and unpredictable events unfolding. We at Chippewa Valley AYSO adhere to the Department of Homeland Security, DHS, a "whole community" approach to help you prepare for and respond to an active shooter incident.
 - Thinking about and practicing the proper response can boost your chance of survival through the event and in the aftermath.
 - For more information, response planning guides and training resources, go to the [US Department of Homeland Security: Active Shooter - How to Respond](#).
- Preparedness
 - Understand that gunfire may sound artificial. Assume that any popping sound is gunfire.
 - If there are two or more persons in the same place when a violent incident begins, you should spread out in the room to avoid offering the aggressor an easy target.
 - Be mindful that violent attacks can involve any type of weapon, not just a gun. Knives, blunt objects, physical force or explosives can be just as deadly as a gun.
 - Plan ahead: Visualize possible escape routes, including physically accessible routes for students and staff with disabilities and others with limited mobility
- Emergency Response to Active Shooter:
 - [FBI Active Shooter Safety Resource Video](#)

- **Run:** Hide silently in as safe a place as possible
 - Leave your belongings behind.
 - Take others with you, but do not stay behind because others will not go.
 - Call 911 when it is safe to do so. Do not assume that someone else has reported the incident. The information that you are able to provide law enforcement may be critical, e.g. number of shooters, physical description and identification, number and type(s) of weapons, and location of the shooter.
 - Keep your hands visible to law enforcement.
- **Hide:** Hide silently in as safe a place as possible
 - If you are outdoors and cannot RUN safely, find a place to hide that will provide protection from gunfire such as a brick wall, large trees or buildings.
 - Remain in place until you receive an “all clear” signal
- **Fight:** Only as a last resort and your life is in danger
 - As a last resort, fight. If you cannot evacuate or hide safely and only when your life is in imminent danger, take action.
 - Attempt to incapacitate or disrupt the actions of the shooter.
 - Act with physical aggression toward the shooter.
- Immediately after an incident
 - Wait for Local Law Enforcement officers to assist you out of the building, if inside.
 - When law enforcement arrives, students and employees must display empty hands with open palms.

In the Event of Injury:

- First Aid and Resources are available with each coach and at the Concession Stand.
- If qualified to do so, apply CPR and First Aid, if necessary, until medical staff arrives.
- For more severe injuries, contact emergency medical services by dialing 9-1-1.
- In the event of an injury taking place during an AYSO sanctioned practice or game, the coach supervising the practice or game must complete an [AYSO Incident Report Form](#) and then submit this report to the Safety Director or Commissioner.
- It is the responsibility of the person making the claim to submit the [AYSO SAI Claim Forms](#) within 90 days of the injury, even if the player's insurance company

has not yet paid or the claim will be denied. The form must be filled out and signed by either the coach or an AYSO official and signed by the safety director.

- Players will require a [AYSO Participant Medical Release Form](#) before returning to play.

Missing Child Policy:

- All board members are to check in and obtain a handheld radio at the concession stand when present at the Eau Claire Soccer Park for AYSO events (regardless of volunteering vs spectator).
- At any point, if a child becomes unaccounted for / is found to be missing, the following steps shall be undertaken:
 - Report incident immediately to the concession stand to locate Regional Commissioner and other board members.
 - Information to be gathered: Name and identifying features (height, weight, hair color, eye color, skin color) of missing child, jersey color and number, location and time last seen, locations already searched and parent contact information (as available).
 - The Regional Commissioner / Board member notified at concessions shall immediately pass all information to board members present via handheld radio. Instruct parents to check in and around their car.
 - The Regional Commissioner will utilize the megaphone to alarm all fields, stating "Missing Child: Stop Moving. Account for All Members of Your Team! When All Teams on a Field Have Recorded and Accounted for All Children on Your Field, Move to the Center of the Field as a Group Until Your Field Is Cleared by AYSO Officials."
 - Upon receiving these messages, board members will evaluate the field upon which they are currently located as well as dividing evaluation of other common areas including bathrooms, and playground. Coordination of efforts moving field to field, ensuring all children are accounted for and clearing fields.
 - Coaches, upon hearing the "Missing Child" alert, will immediately announce to all at the field to stop moving. They are to account for all team members and evaluate their area for unaccounted for children. When the field has been fully vetted by the field coaches, teams shall move to the center of the field until cleared by AYSO Officials.
 - If, after 7 minutes the child has not been located, the Regional Commissioner will contact local authorities.

Mental Health Resources:

- Athletes are just as likely to suffer from mental health issues as non-athletes. The very nature of sport can bring about psychological issues in athletes, even though participation in athletics has many benefits. It is important to understand the signs of mental health disorders and how to address them to limit impact on participation in sport and daily life.
- [Mental Health: Recognize to Recover USA Soccer](#)
- [AYSO Mental Health & Well-Being Resources](#)

Additional Information

- Recognize to Recover - USA Soccer <https://www.recognizetorecover.org/>
- Emergency Action Plan: <https://www.recognizetorecover.org/emergency-action-plans#emergency-action-plans-1>

Contact / Roles

Role	Name
Regional Commissioner	Jessica Pederson
Assistant Regional	Brian Kjesbo
Child & Volunteer Protection Advocate (CVPA)	Kylie Godfrey
Safety Director	
Coaching Administrator	Joseph Biocco
Referee Administrator	Joseph Rapienski

Role	Name
Other Board Members	Courtney Ricci (Treasurer) Joanna Colgan (Se

Remember - The Health & Safety of our AYSO Community is our number one priority. Please play safe.