



# Mahaska County Soccer Club

## SAFETY INFORMATION

[www.mahaskasoccer.com](http://www.mahaskasoccer.com)

### 1. SAFETY CODE

- Speed limit 5 mph in roadways and parking lots while attending ANY Mahaska County Soccer Club function. Please watch for any small children around parked cars.
- Use crosswalks when crossing road ways. Always be alert around traffic.
- No alcohol allowed in any area associated with Mahaska County Soccer Club.
- No tobacco use in any form allowed on the property.
- No playing in parking lots.
- No playing on the equipment at any time.
- No profanity.
- No pets are allowed on the property.
- During games all players will remain with their team.
- After each game/ practice players will clean up around their field.
- **Failure to comply with the above Safety Code may result in expulsion from the Mahaska County Soccer Club fields or facilities.**
- First-aid kits are issued to each coach and are located at the MCSC tents.
- No games or practices should be held when weather or field conditions are not good. Games and practices should be postponed or canceled when lightning occurs.
- Only players and referees are permitted on the field when a game is on.
- Equipment should be inspected before each practice or game.
- All team equipment should be stored on the side lines of the field when game playing is on.
- Procedure should be established for retrieving soccer balls when out of play area.
- All players must have shin guards before entering on field.
- At no time should "horse play" be permitted on the playing field or side lines.
- Parents of players who wear glasses should be encouraged to provide "safety glasses".
- Players must not wear any jewelry at any time of practice or games.
- Please make sure someone at ALL practices or games has a cell phone in case of emergency (especially at fields without a public telephone)



## Some Important Do's and Don'ts.

### Do ...

- Reassure and aid children who are injured, frightened, or lost.
- Provide, or assist in obtaining, medical attention for those who require it.
- Know your limitations.
- Carry your first-aid kits to all games and practices.
- Assist those who require medical attention- and when administering aid, remember to:
  - **Look** for signs of injury (blood, black—and –blue deformity of joint, etc.)
  - **Listen** to the injured describe what happened and what hurts if conscious. Before questioning, you may have to calm and soothe an excited child.
  - **Feel** gently and carefully the injured area for signs of swelling, or grating of broken bone.
- Have your players' Medical Clearance Forms with you at all games and practices.
- Make arrangements to have a cellular phone available when your game or practice is at a facility that does not have any public phones.

### Don't...

- Administer any medications
- Provide any food or beverage (other than water)
- Hesitate in giving aid when needed
- Be afraid to ask for help if you're not sure of the proper procedures (i.e. CPR, etc.)
- Transport injured individuals except in extreme emergencies
- Leave an unattended child at a practice or game
- Hesitate to report any present or potential safety hazard to the Director of Risk Management immediately.

## Communicable Disease Procedures

- Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.
- Routinely use gloves to prevent mucous membrane exposure when contact with blood or other body fluids are anticipated (provided in first –aid kit).
- Immediately wash hands and other skin surfaces and equipment.
- Managers, coaches, and volunteers with open wounds should refrain from all direct contact until the condition is resolved.
- Follow accepted guidelines in the immediate control of bleeding and disposal when handling bloody dressings, mouth guards and other articles containing body fluids.
- Clean all blood contaminated surfaces and equipment.

## Accident Reporting Procedures

- **What to Report:** An incident that causes any player, manager, coach, referee or volunteer to receive medical treatment and/or first aid must be reported to the MCSC Director of Risk Management. This includes even passive treatments such as the evaluation and diagnosis of the injury.
- **When to Report:** All such incidents described above must be reported to the Director of Risk Management within 48 hours of the incident.
- **How to Make the Reports:** Reporting incidents can come in a variety of forms. Most typically, they are telephone conversations. At a minimum, the following information must be given:
  - Name and phone number of the person involved.
  - Date, time, and location of the incident
  - As detailed a description of the incident as possible
  - Preliminary estimation of the extent of any injuries
  - Name and phone number of the person reporting the incident.

Director of Risk Management's Responsibilities: Within 48 hours of receiving the incident report, the Director of Risk Management will contact the injured party or the party's parents and:

- 1) Verify the information received;
- 2) Obtain any other information deemed necessary;
- 3) Check on the status of the injured party; and
- 4) In the event that the injured party required other medical treatment (i.e., Emergency Room visit, doctor's visit, etc.) will advise the parent or guardian of the Mahaska County Soccer Club's insurance coverage and the provisions for submitting any claims.
- 5) In the event of ambulance or hospitalization the Director of Risk Management will contact MCRF Facilities Director.

If the extent of the injuries are more than minor in nature, the Director of Risk Management shall periodically call the injured party to (1) check on the status of any injuries, and (2) to check if any other assistance is necessary in areas such as submission of insurance forms, etc. until such time as the incident is considered "closed" (i.e., no further claims are expected and/ or the individual is participating in the league again).