LEGAL DUTIES OF A COACH

PLAN THE ACTIVITY PROPERLY

1. Ensure that your athletes are in the proper condition to complete all elements of practice and competitions.
2. Plan only acitivies that are age appropriate.
3. Develop the skills of your athletes in a progressive and safe fashion.

PROVIDE PROPER INSTRUCTION

Know the current safety measures as they apply to your sport and athletes.

Teach athletes all the correct rules, techniques, and strategies.

Provide athletes wtih appropriate feedback.

PROVIDE ADEQUATE & SAFE EQUIPMENT

- Maintain and inspect your equipment on a regular basis.
- Instruct your team to let you know of any equipment issues they see.
- Ensure that any equipment worn fits properly.
- Teach your athletes how to properly care for their equipment.

MAINTAIN A SAFE ENVIRONMENT

HAZARDS
Regularly inspect your practice and game areas for any hazards.

WEATHER
Do not practice or play in stormy or excessively hot weather.

STORMS
If you see lightning or hear thunder, cease activities and seek shelter immediately.

MATCH YOUR ATHLETES

Pair athletes for drills being mindful of their age, size, maturity, and physical abilities.

Consider the skill level and experience of the athletes you pair together.

EVALUATE FOR INJURIES

Verify any required pre-participation physicals have been completed.

Have all emergency medical authorization information with you at all times when provided.

Immediately remove an athlete from play or practice if you suspect an injury.

Communicate any concerns over the health of an athlete directly with their parents.

Require parents to inform you of any health conditions that may limit an athlete's ability to practice or play.

CLOSELY SUPERVISE ACTIVITIES

- Watch to see that your athletes follow your instructions.
- Forbid horseplay and other reckless behaviors.
- Pay close attention while athletes are performing difficult or potentially dangerous skills.

WARN OF INHERENT RISKS

Inform parents/guardians and athletes of the risks that apply to your sport.

Make certain you have any required waivers and they are signed by the appropriate parties and properly submitted.

PROVIDE EMERGENCY ASSISTANCE

Be prepared to provide appropriate emergency assistance.

Learn and consistently review all the required first aid related skills.

Ensure you have all (organization or state) required certifications.

Know the basic steps to take when facing a serious injury.

EMS — **ACTIVATE EMS**

CPR — **BEGIN CPR** if appropriate

AED — **OBTAIN & USE** an **AED** if appropriate

EXAMPLES OF ACTIONABLE STEPS

1. Have a strategy to review instructions with any athlete who does not understand them.
2. Anticipate potential dangers and be proactive in preventing problems from occurring.
3. Avoid athlete mismatches that could result in unintended injuries.
4. Encourage your athletes to report any injury, no matter how minor, to you, your staff, or an athletic trainer (if available).
5. Ensure a certified coach is always present when athletes are practicing or working out.
6. Discuss how improper technique or carelessness could result in injury.

FINAL NOTE

The duties above are general examples that apply to most coaches, in most situations.
There may be additional specific duties within your role or sport.
Knowing your legal duties, and fulfilling them, will protect your athletes – and you!
Ask your administrator for any additional legal duties.

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