

Whether it is fall, winter or spring sports season, the safety of athletes and spectators is a concern for everyone involved in athletics.

School districts, community colleges and their coaches are responsible for protecting student-athletes and spectators during athletic events and practices. While it may not be possible to prevent every injury, districts can reduce their likelihood and limit the extent of the damage by adding the following list of best practices and expectations to current policies and procedures.

### DISTRICT AND COMMUNITY COLLEGE RESPONSIBILITIES

- Establish and enforce a policy defining their duty to provide a safe environment.
- Inspect and test all equipment and facilities. Implement an equipment maintenance program and repair or replace any damaged equipment.
- Implement a holistic training program for all student-athletes.
- Provide supervision of all activities.
- Establish medical procedures and an Emergency Action Plan (EAP). Include first aid, CPR and AED training and require physical exams for athletes to participate.
- Conduct preseason meetings with parents and students to set expectations.
- Require parents to sign consent forms authorizing participation for minor athletes.
- Implement a standard injury-reporting process for coaches and students.
- Take all reports of sexual abuse or harassment seriously and follow mandated reporting requirements.



### COACHES RESPONSIBILITIES

- Be familiar with and follow all school district or community college policies and procedures and Oregon School Activities Association rules and regulations.
- Provide a safe training and event environment.
- Plan the activities appropriately.
- Evaluate athletes for injury and ability.
- Provide adequate equipment.
- Warn athletes of the risks associated with the sport.
- Instruct athletes on the proper use of equipment and safe procedures for the activity.
- Know first aid and the school district's or college's emergency procedures and EAP.
- Supervise activities AT ALL TIMES. Failure to supervise is the leading cause of injuries.
- Foster a safe environment by actively preventing, recognizing and addressing any signs of sexual abuse, sexual harassment or hazing and ensuring the well-being of all players under their guidance.

## STUDENT-ATHLETE EXPECTATIONS

- Follow all school district or community college policies and procedures and OSBA rules and regulations
- Wear all equipment issued by coaches and advise them of any problems with the equipment.
- Notify the coach of any illness or injury.
- Warm up before participating in any activity.
- Notify the coach immediately of any hazards or activities that could harm or injure another student or spectator.
- Notify the coach immediately of any signs of sexual abuse, harassment or bullying.

---

**For further assistance, PACE Risk Management Consultants are available to conduct thorough assessments of your facilities, helping you identify and mitigate potential risks. If you're interested in scheduling a risk assessment or have any questions, please contact us at [riskmanagement@sdao.com](mailto:riskmanagement@sdao.com).**

