

Sports Leagues, Camps and Clinics Safety Checklist



From injury prevention and emergency preparedness to supervision protocols, travel guidelines and facility safety, this checklist is designed to help protect the physical and emotional well-being of all participants.

Injury Prevention

- _____ Ensure training plans are based on the age and experience level of the athletes
- _____ Schedule warm-ups, cool downs and regular water breaks into all practices and events
- _____ Provide adequate water and shaded resting areas that are easily accessible for all participants
- _____ Complete daily in-season checks of all sporting equipment, as well as end-of-season checks – any damaged equipment should be removed immediately and replaced
- _____ Require pre-camp health screenings and medical release forms for all participants
- _____ Monitor athletes for signs of overtraining or fatigue and address any concerns immediately
- _____ Maintain protocols for lightning and extreme weather, and train staff to act quickly and safely according to these guidelines

Code of Conduct

- _____ **Players:** Establish a code of conduct outlining rules of fair play – mandate that all players sign a form at the start of the season to ensure expectations are understood
- _____ **Staff, Coaches and Referees:** Establish a code of conduct outlining rules for private lessons, and clearly state that unsupervised 1:1 training should not take place
- _____ **Spectators:** Consider implementing behavior guidelines to help combat verbal abuse, specifically toward referees, coaches and players – see sample “[Let Us Play](#)” resource

Coaches and Staff

- _____ Mandate that all coaches and staff undergo annual concussion awareness training
- _____ Mandate that all coaches and staff complete and maintain CPR certification requirements
- _____ Conduct background checks and abuse prevention training for all staff members and volunteers
- _____ Establish guidelines for overnight travel to safeguard athletes, including clear chaperone and supervision instructions and rooming protocols

Facility Concerns/Maintenance

- _____ Verify appropriate additional insureds are added to and hold harmless waivers for participants
- _____ Check bleachers, concession stand, bathrooms, walkways, parking lots and other common areas for hazards daily, and document any damaged items that should be removed and repaired immediately