

Preventing Injuries When Coaching Youth Sports Activities

- Serious injuries occur to leaders when they engage in direct participation of youth sports activities. It is much more desirable for leaders to demonstrate and observe.
- If leaders such as teachers, counselors, instructors and coaches are allowed to engage in direct participation, a physical examination should be required.
- A structured program of warm-up exercises can prevent injury. Stretching and conditioning training should be introduced as an integral part of any youth sports program. The leader should warm as well!
- Leaders should explain safety rules, confirm that each participant understands them, and strictly enforce them with disciplinary procedures. Horseplay or fighting should never be tolerated.
- Ensure that equipment is regularly inspected and in good condition.
- Be aware of immediate surroundings, especially with sports activities where the athletes are constantly in motion.
- Ensure everyone is safe from being struck by bats, balls, or other equipment, and participants.
- Monitor weather conditions and ensure there is shelter nearby in the event of inclement weather such as lightning.
- Follow sun safety tips and use sun screen regularly.
- Take frequent breaks and drink plenty of water.

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