Prepare

• **Athlete/Parent**
  ▫ Healthy habits
  ▫ Medical history & PPE
  ▫ Additional required paperwork
  ▫ Insurance
  ▫ Previous training & conditioning

• **Coach**
  ▫ Current in all trainings
  ▫ Understand laws, policies, and procedures

• **Athletic Trainer**
  ▫ Current in all trainings and CEUs
  ▫ Understand laws
  ▫ Implement policies & procedures in conjunction with AHCT
  ▫ EAPs and Emergency drills
Prepare (cont.)

- **Athlete/Parent**
  - Turn in paperwork
  - Weight & concussion* baselines
  - Understand medical conditions

- **Coach**
  - Acknowledge weight baselines, physical condition, knowledge/experience of sport
  - Note medical conditions and understand S&S
  - Confirm that athlete has turned in all necessary paperwork

- **Athletic Trainer**
  - Communicate to coaches:
    - medical conditions
    - concerns
Protect

- **Athlete/Parent**
  - Be honest about the fit of equipment*
  - Communicate concerns

- **Coach**
  - Proper fit of equipment*
  - Educate athlete regarding proper use of equipment*
  - Appropriate and effective warm up

- **Athletic Trainer**
  - Weather & other environmental hazards*
  - Emergency supplies are on-site and accessible
Participate

• Athlete/Parent
  ▫ Communicate S&S and report injuries
  ▫ Do not tamper with equipment and alert staff of ill fitting equipment*
  ▫ Utilize breaks and drink plenty of water
  ▫ Do not block entrances and gates

• Coach
  ▫ Do not ignore warning signs
  ▫ Appropriate match ups/grouping
  ▫ Appropriate breaks and proper supervision

• Athletic Trainer
  ▫ Aware of athletes’ physical status
  ▫ Evaluation and treatment of injuries; appropriate referral
  ▫ Monitor safety and appropriateness of all drills
Post-Workout

- **Athlete/Parent**
  - Report injuries, S&S
  - Weigh in
  - Healthy habits

- **Coach**
  - Monitor weight charts
  - Regroup athletes based on performance

- **Athletic Trainer**
  - Verify proper weighing procedures
  - Evaluation and treatment of injuries; appropriate referral
  - Communicate all injuries