



Rec Coaches

Safety Meeting

www.vsaonline.org

Our Goal...



Is to create an environment for our players that is-

- Safe
- Developing
- Fun



Safety Protocol



On site (Long Park) or Off site (E.S. or Bristow area)

- Do not move any of the goals on the fields.
 - VSA and PWC parks have set them up for practice and gameplay.

Always check your environment for-

1. Unsafe equipment
2. Unanchored goals
3. Uneven ground (be aware of it)



Important Safety Procedures



1. If you see an incident occur please send us an email with details of the incident as soon as you can after its occurrence.
2. This includes but is not limited to: player injury, unanchored goals, and field issues.
3. If there are other groups that are attempting to use your field, please call the On-call Ranger at 703-792-8889.



Symptoms For A Concussion



- ✓ Slow reaction time
- ✓ Loss of consciousness
- ✓ Balance problems
- ✓ Headache
- ✓ Behavioral changes
- ✓ Dizziness
- ✓ Dazed or confused
- ✓ Memory loss
- ✓ Sleep/wake disturbances

- Symptoms of a concussion can last hours, days, weeks, months or even years.
- Symptoms may not manifest for 72 hours after sustaining the trauma
- *NO imaging techniques used will detect concussions.*
- Clinical evaluation, vestibular testing and online cognitive testing are **tools** used to diagnose a concussion.

Procedure for Concussions



Step 1: Remove the athlete from play.

Step 2: Ensure that the athlete is evaluated by a health care professional experienced in evaluating concussions.

Step 3: Inform the athlete's parents or guardians about the possible concussion.

Step 4: Keep the athlete out of play until they receive clearance from the health care professional.

Weather Policies



Hot Weather

85 to 104

- Must integrate water breaks
- 3 water breaks an hour.
- Watch/monitor the athletes for heat related illness

105 and above

Sessions and games will be cancelled

Extreme Weather

- Lightning & Thunder: What You Need to Know
- NO PLACE outside is safe when thunderstorms are in the area!!
- Lightning MAY strike when the storm is within 10 miles of your location.
- If you hear thunder, lightning is close enough to strike you. When you hear thunder or see lightning, immediately move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder or see the last bolt of lightning, whichever came last.

*Director will make a call if to proceed.