



# for Athletic Directors and Coaches



## Instruct and supervise student athletes to reduce the risk of injuries

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Coaches have the duty to provide proper instruction to students so they can learn how to play a sport and how to participate safely. Therefore:

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- Know the activity. Study the sport before you teach it.
- Be a knowledgeable source of information. Document your previous experience and training.
- Select appropriate activities for the age group and skill level of the students. Teach only district approved or WIAA approved sports and activities.
- Read and know the official rules for each activity. WIAA has rule books for WIAA sponsored sports. Rules for other activities should be approved by your district.
- Provide students with step by step instructions. Teach progressively more challenging skills after players have mastered easier ones.
- Make use of educational media to help teach students athletic skills as well as safety procedures.
- Be aware of the students you are teaching; their ages, skills and sizes. Be conscious of students with special needs and plan accordingly.
- Match students with similar size and skills in competitive activities.
- Require appropriate attire for each sport.
- Include safety procedures along with curriculum instruction.

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The responsible coach also supervises students at all times. Common sense supervision guidelines that keep athletes active and safe include:

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- Be there. Don't let students warm-up or play until you are present.
- Be sure there are enough supervisors for each activity.
- Inspect the equipment before allowing students to use it.
- Don't allow horseplay.
- Restrict students from participation without proper attire.
- Know your players, their strength and weaknesses so they are not placed in positions that overly increase the potential for injury.
- Review rules as needed, before, during and after practice and games.
- Use, but don't rely on warning signs.
- Monitor the site to be sure it is free of potential hazards.
- Be seen, in control and available.
- Show participants you care about them.

**If your athletes know you are present, in control, available and care about them, they will be less likely to question your supervision, and that increases safety.**