



# for Athletic Directors and Coaches



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## How coaches are injured and what to do about it.

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### How Coaches are injured:

- Rotator cuff injured while throwing a football
- Injured a knee while showing a wrestling move
- Arm tendon torn while demonstrating a wrestling maneuver
- Knee injured when a student was thrown during wrestling
- Ankle injured when run into by wrestling students
- Shoulder strain after weight room lifting technique demonstration
- Hit with a flying bat while standing within six feet of the batter
- Injured ankle while demonstrating pole vaulting
- Tooth knocked loose when elbowed while spotting handsprings
- Injured knee during staff vs. students basketball game
- Strain after vehicle collision on the way to an athletic event

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### To help prevent injuries it is recommended that coaches:

- Recognize potentially unsafe situations and develop corrective strategies
- Review and revise safety plans regularly
- Have adequate training to avoid unnecessary risks
- Stretch before demonstrating moves
- Train before coaching high risk sports
- Be aware of physical limitations that come with age, weight and other health conditions
- Be provided with proper instruction in the use of equipment
- Put equipment away immediately after use
- Maintain a clean and orderly work environment
- Designate adequate space between athletic activities
- Insist that the athletic premises are safe and without risk to the health of staff, pupils and visitors to the school
- Review safety procedures with students and insist they be followed
- Refuse to allow non-PE teachers to use the gym without establishing safety guidelines
- Attend safety meetings
- Complete SafeSchools on-line safety training courses

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**Demonstrate that safe play is important for adults as well as students.**