

VIII. SAFETY REGULATIONS

“Remember the kiddos. Are the kiddos safe?” - Bishop Robert Donnelly

- A. ALL participants in the CYO athletic program are required to be examined by a medical examiner (Physician [M.O., D.O., or D.C.], Advanced Practitioner or Physician’s Assistant) once a year and obtain a medical examiner’s signature on his/her player/parent contract.
- B. Coaches must inspect the playing environment (clean floor, proper padding, glass on field, etc.) prior to allowing the athletes to begin practice.
- C. Coaches must provide access to drinking water. If a water fountain is not nearby, coaches must make sure the players understand who will provide drinking water (will the coach provide water for the entire team or is each player responsible for his/her own water). Coaches may never discipline players by denying them water or water breaks. Regular water breaks should be built into each practice.
- D. Coaches must ensure that any equipment worn by a player fits properly and is used correctly. Coaches must also instruct the player on consequences of improper use of equipment.
- E. All teams are strongly encouraged to carry a first aid kit with them to all games and practices.
- F. Coaches must have a completed “Emergency Medical Authorization Form” (See Appendix VIII) for each participant on his/her team at all practices and games. This must be completed and in the coach’s possession before the team’s first practice.
 - 1. In the case of a youth’s illness or accident, notification of parents is required before action is taken or as soon as possible thereafter.
 - 2. When it is impossible to notify parents before acting, the procedures agreed to by the parents on the youth’s current Emergency Medical Authorization form are to be followed.
- G. Medication must not be given to any youth by a coach unless he/she has been given a written request by the player’s parent or legal guardian. All personnel should be informed that the administration of any drug (prescribed or over the counter) without the order of the physician and permission of parent or guardian could be interpreted as practicing medicine and is, therefore, prohibited by law.
- H. Coaches must be aware of recommended procedures for treating injuries where communicable diseases could be transmitted. (See “Communicable Disease Procedures” Appendix XV).
- I. All coaches must know where the nearest accessible phone is in case of an emergency and have completed an “Emergency Contingency Plan” form (See Appendix VII) for each practice site.
- J. No jewelry is allowed to be worn during any CYO game. This includes, *but is not limited to*, starter earrings and all rubber band bracelets and hair beads. Coaches must also enforce this rule at all team practices. This rule also applies to game officials.
- K. Two certified coaches (or a certified coach and a player’s parent) must be present at all practices. In case of an injury that requires emergency care, one person stays with the injured athlete while the other person places a call for emergency care.
- L. In the event of an injury:
 - 1. Coaches must take time to evaluate injuries.
 - 2. Parents must be notified by the coach whenever an injury occurs.
 - 3. A player must never be allowed to re-enter a game or practice unless a coach is sure that he/she is capable of performing without risk of further injury.
 - 4. An “Injury Report” form must be completed by the coach and submitted to the CYO Office within 24 hours of the occurrence of the injury. This form should be completed if the injury took place during a game OR practice session. (See Appendix XVI).
- M. Coaches, game officials and league administrators must be aware of potential inclement weather and signs which indicate thunderstorm development. Every year there are several deaths due to lightning strikes. Last year there were seven athletes in the United States killed by lightning -- all were during practice. Weather can be monitored using several methods including:

- Monitor Weather Patterns -- Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the practice or competition and by scanning the sky for signs of potential thunderstorm activity.
- Flash to Bang -- This method is used to assess how far away lightning is striking. It is determined by counting the number of seconds it takes to hear a clap of thunder after witnessing a flash of lightning. The number of seconds is then divided by five to get the distance, in miles, to the lightning flash.
- National Weather Service -- Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

Upon the first indication that thunderstorm development is within 15 miles (game site or practice site) the activity shall be suspended until 30 minutes after the storm has left this mile zone. Individuals should move to a safe area until after the storm has moved away.

(re-printed from the Ohio High School Athletic Association)

- N. The CYO program will follow the procedures outlined in the National Federation High School rules for each specific sport regarding participation with a cast. It is strongly recommended by the CYO that any athlete who is wearing a cast not participate until their injury is completely healed and the cast has been removed.
- O. Every player must be insured by his/her parent(s) or legal guardian(s) through an acceptable insurance program. The Diocese of Toledo, CYO Office and all of their agents, in no way will assume responsibility for injuries sustained in games or practices. Parents must sign a release on the athlete's player contract.