

6 Steps to Sports Safety

Tick box once completed.

1. Get commitment

- Raise safety at a committee meeting
- Get an agreement to look into safety at your club this season
- Identify a person who will follow up on safety at your club

2. Make a list of your club's safety concerns

- Talk to as many people about your club's safety concerns as possible
- List the factors that contribute to injuries at your club *ie ankle injuries which are caused by potholes*

3. Prioritise your safety concerns (you can't do everything at once!)

- Look at your list of safety concerns and prioritise the ones that happen most often and are most severe
- Pick only your highest priorities to deal with this season *ie potholes*

4. Brainstorm ideas for reducing your safety risks

- Consider options to change people's behaviour through *education ie offer training to coaches on warm up techniques*
- Consider options for improving the environment to make it safer *ie arrange for dirt to be available at pot-hole prone fields*

5. Plan and implement your safety strategies

- Based on the first 4 steps write a simple plan that says what you'll do about safety this year, who will do it and when

6. Discuss safety regularly at committee meetings

- Make safety a regular agenda item
- Use your safety plan (step 5) to monitor progress in improving safety
- Keep members updated on what's happening in safety