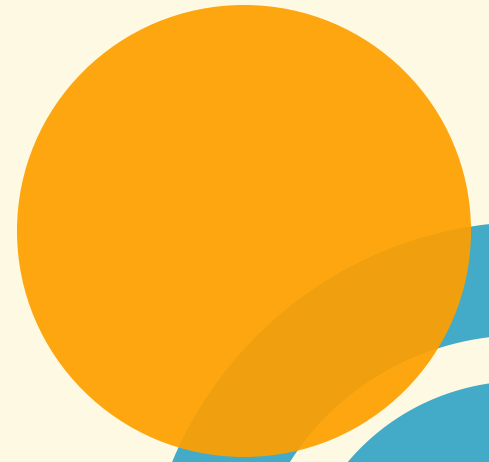
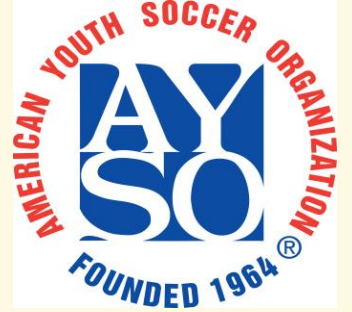


Safety Tips for Coaches & Volunteers



Agenda



Introduction

1

Primary goals for Coaches

2

Situational Awareness

3

Responses

4

Summary

5



Introduction

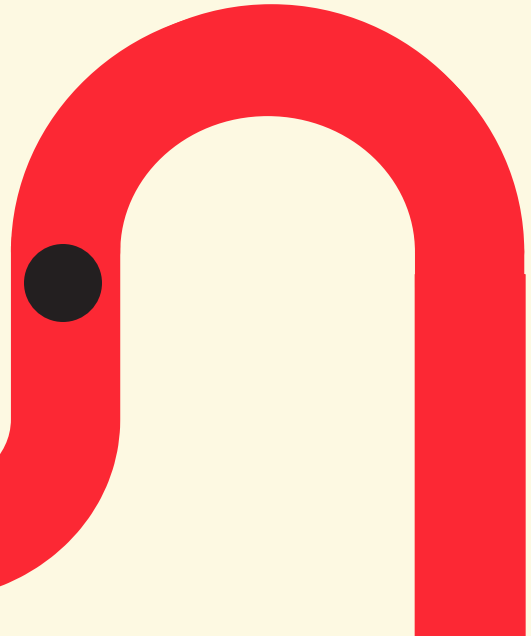


Neil Pesarillo
Region 285
Safety Director

In AYSO, Positive Coaching is a core philosophy. We believe that kids make the best players when they receive positive encouragement and good mentoring. Every AYSO coach is a volunteer and a vital part of the AYSO community, teaching key components of the beautiful game of soccer and ensuring that every child gets to play.



Here you will find resources for our AYSO coaches in alignment with our mission, vision, and philosophies, including important rules, regulations, documents, and procedures designed to help you succeed.





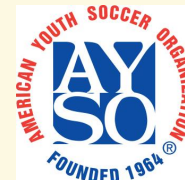
Primary goals for Coaches



2

Primary Goals for Coaches

- **Never forget – AYSO is about the kids having fun!**
 - **Good Sportmanship**
 - **Learning individual and team soccer skills**
 - **Competing to win with humility**





2

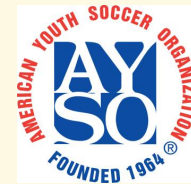
Primary Goals for Coaches

- **AYSO operates under Safe Haven**
 - **Child & Volunteer Protection**
- **<https://www.aysovolunteers.org/safe-haven-reminders-for-coaches/>**
- **Download a pdf version [here](#)**



**"ALL YOUTH ATHLETES
HAVE DIFFERENT SKILL
LEVELS AND WE SHOULD
IDENTIFY THE WAY THEY
LEARN BEST."**

AGE-APPROPRIATE TRAINING





3

Situational Awareness

Recognizing Concussions

[Heads Up Concussion Plan](#)



Heat Stress and Hydration

[Weather Safety Guidelines here](#)



Sudden Cardiac Arrest

[Guidelines and instructions here](#)



Preventing Bullying

[Safe Haven Policies](#)





4

Responding to Injuries

Concussions



**Headache,
confusion, nausea**



**Sensitivity to
light/noise**



**Dazed or slow to
respond**

What to Do:



**Remove player
immediately**



**Seek medical
attention**



**Only return with
medical clearance**





4

First Aid / CPR / AED

Sudden Cardiac Arrest (SCA)



Collapsing without warning



No pulse or breathing



Seizure-like movements

What to Do:



Call 911



Start CPR



Use AED if available





4

Be Mindful of Weather

Heat Stress & Hydration Symptoms



Dizziness, heavy sweating, confusion



Nausea, muscle cramps

Prevention Tips:



Hydrate before and during practice



Schedule breaks in the shade



Reschedule or shorten practice during extreme heat





4

Promoting Good Sportmanship

Laws of the Game – Safety Focus Key Points:



**No slide tackles from
behind**



No dangerous play



**Goalkeeper protection in
the box**

Enforcement:



**Referees will remove
players for intentional harm**



**Coaches and parents must
support safety calls**





4

Safe Space for All

No Bullying:



Teasing or excluding teammates



Harassment



Intimidation on or off the field

What to Do:



Report to coach or league



Speak up early



Promote team respect and inclusion





4

Remember

Identify

- **Concerns**

**Quickly
Respond**

- **With Support**

**Log &
Report**

- **Injuries**
- **Emergencies**





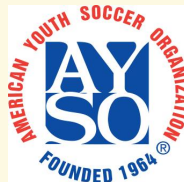
Resources

Coaches:

- [Coaches Clipboard](#)
- [Coaching Basics](#)
- [Coaches Manual](#)

Volunteers & Parents

- [Get Involved – Positions Available](#)
- [Safe Haven for All](#)



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Summary & Closing Message

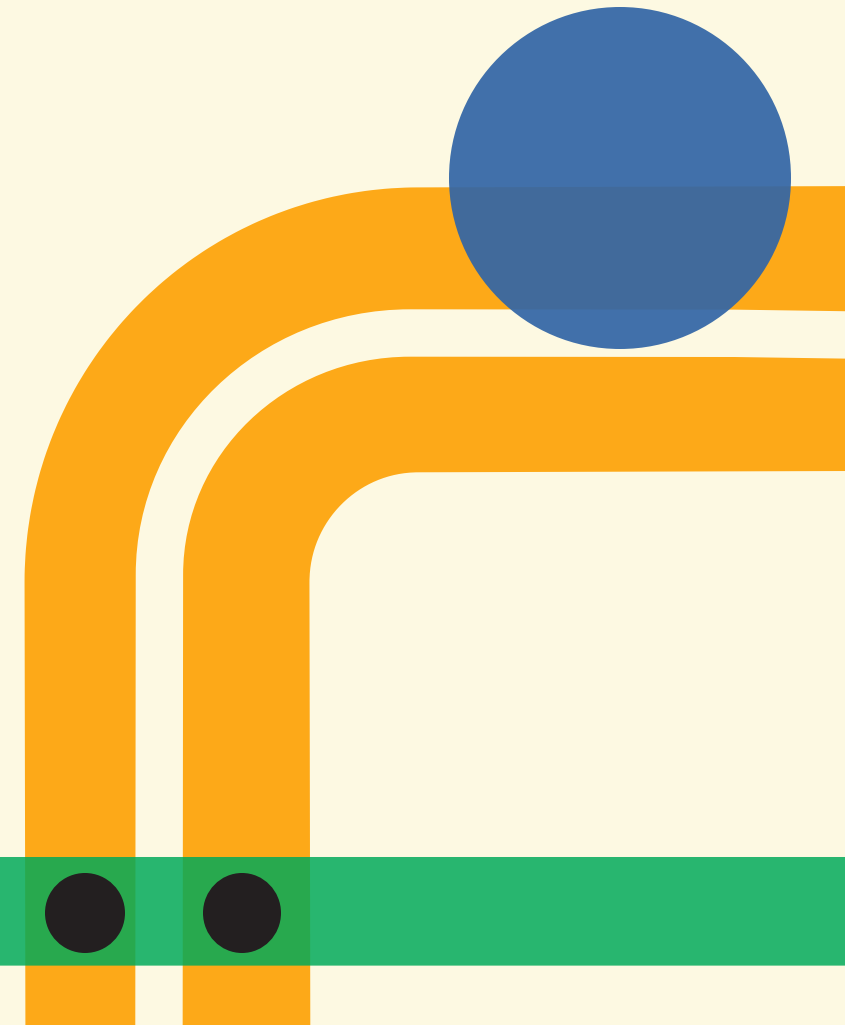
As we kick off another exciting season at Mira Mesa AYSO, I want to personally thank each of you for your commitment to creating a positive, safe, and fun environment for our players and families. Your dedication plays a critical role in ensuring the well-being and development of every child who steps onto the field.

Please remember: safety comes first. Whether it's staying aware of environmental conditions, responding to injuries, or supporting respectful behavior, your vigilance makes all the difference. Let's work together to make this season both enjoyable and incident-free.

If you have any questions, concerns, or encounter a safety issue, please don't hesitate to contact me directly or reach out to any Mira Mesa AYSO board member. We're here to support you.

Wishing you all a safe and productive season!

Neil Pesarillo
Safety Director
Mira Mesa AYSO





Thank you

Neil Pesarillo – Safety Director

neil@miramesaayso.org

www.miramesaayso.org