



Coaches, Assistant Coaches and Trainers/Managers,

The Indiana Youth Soccer Association has developed the attached Risk Management guidelines for coaches and other participants. Please review the attached policies and contact **Bill Cox** (bcox@ma.rr.com) with any questions.

## Lightning “recognizing the threat”

**Apply the 30-30 rule** – when you see lightning, count the seconds until you hear thunder. If the time is 30 seconds or less, seek proper shelter. If you cannot see the lightning, just listening for the thunder is a good back-up rule. Wait 30 minutes or more after hearing the last thunder before leaving the appropriate shelter.



Remember the following points:

- No place outside is safe near a thunderstorm.
- The best shelter is a large, fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice.
- If there is not proper shelter available, **avoid** the most dangerous locations. They include higher elevations, wide open areas, including fields, tall isolated objects such as trees, poles, light posts, rain shelters, metal fences and metal bleachers.
- If you cannot avoid these locations crouch down on the balls of your feet, with your head tucked into your chest and your hands over your ears.
- If someone is injured by lightning call 911 immediately.

No lightning safety guidelines will provide 100% guaranteed safety. But following these steps will help avoid the vast majority of lightning casualties.



## Soccer Goal Safety



Injuries and fatalities occur each year involving soccer goals. The crossbars can injure or kill a youth player if the goal tips over or the cross bar comes loose. Goals are constructed from a variety of heavy materials including metal, aluminum, plastic and other materials. The injuries typically occur because goals are not secured to the ground, children hang on the crossbar, or strong winds cause the goal to tip over. In many cases these events occur outside of normal play either during practice or warm-up sessions; or when the complex is "closed."

Many complexes remain open to the public when games and practice are not in session. Goals are considered an attractive nuisance and youngsters tend to use them like "Jungle-Gyms."

### **Recommended safeguards for soccer goals include:**

- Securely anchor or counterweight movable soccer goals at **ALL** times. Secure goal to the ground (preferably at the rear of the goal), making sure the anchors are flush with the ground and clearly visible.
- Moveable soccer goals should only be used on level (flat) fields.
- Always stand to the rear or side of the goal when moving it, **NEVER** to the front and allow adequate manpower to move goals of varied sizes and weights.
- Remove nets when goals are not in use.
- Coaches should always conduct a visual inspection of goals prior to all scheduled activities. Referees **MUST** conduct a visual inspection of goals prior to every game.
- Adults should supervise and not allow hanging or climbing on a soccer goal or soccer net.



## BACKGROUND CHECKS

Background checks for Coaches, Assistant Coaches, Team Managers and Trainers are mandated by the IYSA:

- ***"All adults who participate in any manner in Indiana Youth Soccer activities shall be required to have a background check conducted by the Risk Management Director of the individual Club or League. These background checks shall be completed on all adults who either currently participate or have applied to participate in any manner in Indiana Youth Soccer activities".***

You can complete the background check on line on the VCYSA webpage.

Click on the **Risk Management** link on the left hand side of the page.

Background checks are typically only required **once every two years**. Please contact the **Risk Manager (Bill Cox – [bcox@ma.rr.com](mailto:bcox@ma.rr.com))** with any questions.

