



BLACKWATCH SOCCER CLUB

Tampa, FL

U.S.A.

Safety Manual

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Blackwatch Soccer Club Safety Manual

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Attachments
NCAA Lightning Safety Guide

Parking Lot Speed Limit

5 MPH inside gated fence area, 25MPH between gated fence and 30th Street.

Basic Safety

To help your child avoid injury while playing soccer, follow these safety tips from the American Academy of Pediatrics, the American Academy of Orthopaedic Surgeons, the U.S. Consumer Product Safety Commission, and other sports health organizations. (Note: Adults should heed this safety guidance, too.)

- Before your child starts a training program or enters a competition, take him or her to the doctor for a physical exam. The doctor can help assess any special injury risks your child may have.
- **Make sure your child wears all the required safety gear every time he or she plays and practices.** Your child should wear shin guards during every game and every practice. Shoes with molded cleats or ribbed soles are recommended.
- Insist that your child warm up and stretch before playing. Don't allow your child to shoot at goals before warming up.
- Teach your child not to play through pain. If your child gets injured, see your doctor. Follow all the doctor's orders for recovery, and get the doctor's OK before your child returns to play.
- Make sure first aid is available at all games and practices.
- Insist that your child follow and that coaches and referees enforce all the rules of the game. For example, most leagues prohibit sliding tackles from behind, which can result in serious injury to players.
- Talk to and watch your child's coach. Coaches should enforce all the rules of the game, encourage safe play, and understand the special injury risks that young players face.
- Ask your child's doctor and coach whether it's safe for your child to "head" the ball and, if so, make sure your child knows how to head the ball correctly to avoid head and neck injury.
- Don't let your child climb on the goal posts or hang or swing from the crossbar.

Make sure the field and equipment are safe. Work with coaches, club officials, and other parents to improve safety.

- Encourage your child's league to use waterproof, synthetic balls instead of leather ones. Leather balls can become waterlogged and very heavy, making them dangerous for play.

- Make sure movable soccer goals are anchored to the ground at all times, not just during play. Goals have been known to tip over in strong winds or when climbed on, causing severe injuries.

Soccer-Specific Guidelines

- Players should be encouraged to wear appropriate shin guards during practice and play.
- Provide fluids on the sidelines throughout practice and games. Although soccer requires non-stop play with no time outs, athletes should be encouraged to come to the sidelines or touch line where they can replenish fluids without penalty. Do NOT share water bottles, see section on Mono.
- Warm up for approximately 15 minutes, beginning for half that time without a ball. Warm-up exercises should include light jogging and stretching. Without these warm-ups, the explosive action of shooting can result in strained muscles.
- Adhere to the rules of the game when tackling.
- Although soccer does not provide time outs, injuries should be evaluated immediately to ensure the athlete is not worsening the injury.

Overtraining Syndrome

Overtraining occurs when athletes try too hard to improve performance and train beyond the body's ability to recover.

The common warning signs of overtraining include the following:

- Mild leg soreness, general achiness
- Pain in muscles & joints
- Washed-out feeling, tired, drained, lack of energy
- Sudden drop in ability to run 'normal' distance or times
- Insomnia
- Headaches
- Inability to relax, twitchy, fidgety
- Insatiable thirst, dehydration
- Lowered resistance to common illnesses; colds, sore throat, etc.

What do I do if I have some of these Warning Signs?

If your suffering from several of these warning signs go see your physician so that any potentially serious problem can be ruled out. Otherwise, just stop & rest, take a few days off. Drink plenty of fluids, check & alter your diet if necessary. Maybe plan an alternate work-out routine so that your not constantly working just the same muscle groups. If you don't receive consistent massage work, this

would be a good time to get one or two sessions to help flush metabolic wastes out of your system and help loosen up. To prevent further over training injuries, check out some of the more common overuse factors associated. You may need to modify all or part of what you're doing. If you suffer an injury during a workout, just remember RICE, (Rest, Ice, Compression and Elevation this could save you a lot of pain, discomfort, and a long recuperative layoff.

Personal Lightning Safety Tips (NLSI)

Blackwatch will use the NCAA flash-bang method to calculate distance but will suspend all activities on appearance of lightning and will use the 30-minute guide for resumption of activity (Item 4 below). Please see attached NCAA Guide.

Further, for all Coaches, players and parents

1. PLAN in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a building or a vehicle. Lightning often precedes rain, so don't wait for the rain to begin before suspending activities. You can also detect Lightning with a portable electronic measuring device such as a Skyscan device.

2. IF OUTDOORS... Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:

A. **Crouch down.** Put feet together. Place hands over ears to minimize hearing damage from thunder.

B. **Avoid proximity** (minimum of 15 ft.) to other people.

3. IF INDOORS... Avoid water. Stay away from doors and windows. Do not use the telephone. Take off head sets. Turn off, unplug, and stay away from appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.

4. SUSPEND ACTIVITIES for 30 minutes after the last observed lightning or thunder.

5. INJURED PERSONS do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

Know Your Emergency Telephone Numbers In Tampa, It is 911

CPR and First Aid

We will require that at least one person who normally travels with a team be CPR certified. First Aid is optional but advisable.

The American Red Cross first aid, CPR and AED programs are designed to help you learn— and remember— valuable lifesaving skills and knowledge. They translate the consensus of medical science into practical, easy-to-understand information for the American public.

Red Cross first aid, CPR and AED programs are available for any age group and can be tailored to the needs of specific groups and individuals. Whether you work with children, want training for employees, are a professional rescuer, or simply want to know how to help in an emergency, the American Red Cross has a program for you. In Tampa, Call –

American Red Cross

3310 West Main Street, Tampa, FL 33607
(813) 348-4820

List of Hospitals Near 30th Street Blackwatch Fields

Medical Clinics-USF

4202 Fowler Ave E, Tampa, FL 33620
(813) 974-2201

UCH Medical Center

3100 East Fletcher Avenue, Tampa, FL 33613
(813) 971-6000

Mononucleosis

What is infectious mononucleosis?

Infectious mononucleosis (also called glandular fever) is a viral disease that affects certain blood cells. The term "mononucleosis" refers to the increase of mononuclear cells (white blood cells). It is caused by the Epstein-Barr virus (EBV), which is a member of the herpes virus family. Most cases of mononucleosis (called mono for short) occur sporadically. Outbreaks are rare.

Symptoms?

Symptoms of mononucleosis are: fatigue, fever, sore throat, enlargement of lymph nodes (usually in the neck, the arm pit, and throat), and an enlarged spleen (the organ that functions as a blood "filter" and antibody producer), nausea, hepatitis, jaundice, headache, stiffness, chest pain and difficulty breathing also may be reported. Adolescents usually report loss of appetite, weakness, and sore muscles.

Incubation Period?

The incubation period for adults is between 10 and 60 days. The incubation period for children and adolescents is between 7 and 14 days.

Diagnosis?

The most common tests for "mono" are blood tests. An examination of the blood under a microscope may reveal an increased number of white blood cells known as lymphocytes. Other blood tests may show an increase in antibody levels (antibodies react to infectious organisms in the blood and create immunity).

How is infectious mononucleosis spread?

The virus that causes mononucleosis is spread by person-to-person contact, through saliva (on hands or toys, or by kissing OR SHARING WATER BOTTLES).

How long does it last?

Mononucleosis can last from one to several weeks. The disease is very rarely fatal.

What is the treatment for infectious mononucleosis?

Rest is the usual treatment.

Returning to play after an injury

We will require a Doctors note allowing the player to return to training for any injury that suspended the player from participation.

END MANUAL