



5 Components of A Safe Sports Environment

By: Roderick B. Hadnot, RN, MSN/ed

Over the last ten years, a list of important safe evidenced-based practices have been compiled. This list is recommended but not final. With the tremendous growth of youth sports, it will be advantageous for organizations to develop a Safe Sports Environment. The longevity and legality of programs depend on safety and other considerations.

1. Safety Plan

The number one component of creating a safe sports environment is to have a safety plan. Some organizations go as far as having safety officers.

2. Facilities

While budgets and financial limitations exist, each organization must take the proper steps to locate practice and playing facilities that are safe and accommodating, make general updates and maintenance.

3. Equipment Management

Players must have the proper equipment to play the sport that they are playing. Inspecting and use of the equipment should be taught and monitored.

4. Coaching

There is no doubt that an experienced coach makes the difference to a safe environment. New Coaches must have mentors. Organizations must make ways to develop their coaches on a semi-annual or annual basis. All Coaches must be CPR / First Aid CERTIFIED and CERTIFIED with: (copy link)

<https://uscenterforsafesport.org/training-and-education/safesport-courses-for-all/>

5. Player and Parent Development

It is a process that teaches the players the game and how to basically think like a coach. For Parent development it teaches the parents the rules of the game and also encourages them to collaborate to help their player(s) excel. When developing parents and players to help understand the organizational goals, frequent meetings should be done.

