



POP
WARNER
LITTLE SCHOLARS

SOUTHEAST
REGION


Football • Cheer & Dance • Scholastics
Florida - Georgia - Alabama - Mississippi

BASIC CHEER/DANCE COACHES EDUCATION PROGRAM

Risk Management

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RISK MANAGEMENT DEFINITION



- Directing or controlling the interests and performance of your program by teaching, guiding, and inspiring others to provide a safe and healthy experience for its participants.

2

LAWSUITS IN YOUTH SPORTS

- Lawsuits are more and more common.
- How many newspaper stories have appeared lately regarding lawsuits and youth sports?



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RISK MANAGEMENT

- The majority of litigation dealing with coaches involves negligence.
- Negligence: Defined as the failure to use reasonable and prudent care in a situation that may cause harm to someone or something.
- For example: teaching improper technique



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COACHES ARE LIABLE

- Can a youth coach really be held liable for injuries to young athletes?
- In a court ruling in CA, their Supreme Court made it real clear that coaches can be held legally liable for injuries to young athletes.

http://usatoday30.usatoday.com/sports/2003-08-29-youth-sports-liability_x.htm

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COACHES ARE LIABLE

Judge lets paralyzed player's claim against Pop Warner proceed

The coaches face a claim of gross negligence for allegedly teaching player to tackle with his head.

He is now a quadriplegic, with minimal use of his arms.

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PROTECT YOURSELF

One key component of being a responsible coach is to learn the Pop Warner rules and the expectations set by your local board.

Coaches and administrators are responsible for all information contained in the National Rule Book and local publications.

Just knowing the rules and guidelines goes a long way toward avoiding litigation and being a responsible coach.

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PROTECT YOURSELF

- All coaches MUST complete the Southeast Region Pop Warner trainings and USA Football Heads Up program
- Additional Training is also recommended
 - Youth football is constantly changing
 - There are always new things to learn



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CHECKPOINT: POTENTIAL TEST QUESTION

The majority of litigation against youth coaches stems from:

- a) Coaches physically abusing players.
- b) Coaches not giving equitable playing time.
- c) Negligence.
- d) Coaches not providing adequate break time.



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CHECKPOINT: POTENTIAL TEST QUESTION

The majority of litigation against youth coaches stems from:

c) Negligence.



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TOP RESPONSIBILITIES OF A COACH

Responsibility 1 - Properly Plan Activities

Responsibility 2 - Provide Appropriate Supervision

Responsibility 3 – Provide a Safe Physical Environment

Responsibility 4 – Provide Adequate and Proper Equipment

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TOP RESPONSIBILITIES OF A COACH

Responsibility 5 - Match Athletes Accordingly

Responsibility 6 - Warn of Inherent Dangers

Responsibility 7 -Provide Proper Instruction

Responsibility 8 -Evaluate for Injury and Incapacity

Responsibility 9 - Initiate Medical Response

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PROPERLY PLAN ACTIVITY

**THE
Cheer
COACH
PLANNER**

Coaches are responsible to plan their practices.

Complete a Practice Plan Form for EACH practice.

- Identify the number of minutes for each activity and skill.

Each practice, evaluate and make comments on your Practice Plan Form.

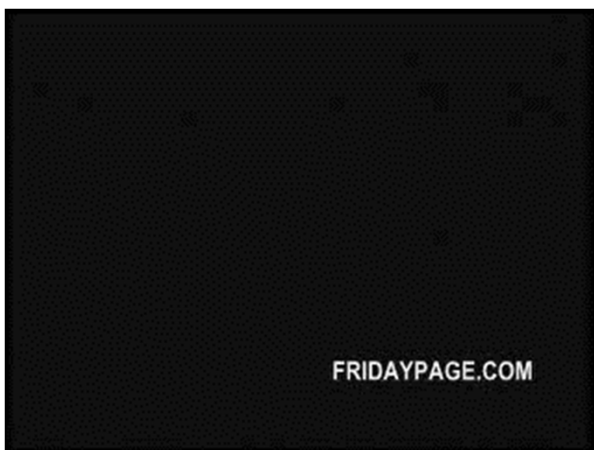
- Identifying any injuries or major concerns.

PROPERLY PLAN ACTIVITY

*We don't
plan to fail;
We fail to
plan.*



EVERY PLAN NEEDS A BACK-UP PLAN (VIDEO)



FRIDAYPAGE.COM

APPROPRIATE SUPERVISION

- Coaches must supervise specific drills and other components of the daily practice.
- Be sure to keep your eyes on the athletes at all times. Never leave an assistant coach or coach trainee in charge of an activity that they are not trained to supervise.
- Younger children need to be supervised more closely than older children.

APPROPRIATE SUPERVISION

- Coaches should avoid any situation where a single coach is alone with one or more minors (always have 2 or more coaches)
- Assistant Coaches, if the parents are late picking up their child:
 - Protect your head coach.
 - Volunteer to wait with him/her for the parents.



APPROPRIATE SUPERVISION

Here is a lawsuit against a coach, team, and league who did not follow the policy of “not being alone with a child.”

Example from the headlines:

Soccer clubs, coaches sued over sexual abuse of girl

“The parents of a girl who was sexually abused by her soccer coach are suing the former coach, three local soccer clubs and three other coaches for negligence.”

ARIZONA DAILY STAR



CHECKPOINT:
POTENTIAL TEST QUESTION

Appropriate supervision includes:

- Supervising specific drills and other components of the daily practice.
- Not allowing an assistant coach or coach trainee to be in-charge of an activity that they are not trained to supervise.
- Avoiding any situation where a single coach is alone with one or more minors (always have 2 or more coaches present)
- All of the above .



CHECKPOINT:
POTENTIAL TEST QUESTION

Appropriate supervision includes:

- All of the above .



PROVIDE SAFE PHYSICAL ENVIRONMENT

- BEFORE permitting your athletes to participate in practices or contests.
 - Inspect the field or facility
 - Look for pending dangers
 - Identify restricted areas
 - Make the area secure when appropriate.
 - Report any unsafe conditions

PROVIDE SAFE TRANSPORTATION

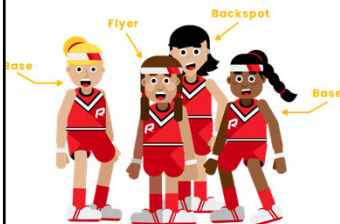
Safe Transportation of Participants:

- Drivers = Licensed Adult
- Vehicles should have seat belts
- Vehicles should be in proper working order (good/safe condition)
- **No open pick-up trucks**



PROVIDE ADEQUATE AND SAFE EQUIPMENT

- Inspected daily and maintained at all times.



Cheerleading Positions



MATCH ATHLETES APPROPRIATELY

- Participants should not be at a serious disadvantage during practices or competition.
- Match athletes by:
 - Skill & experience
 - Height & weight
 - Age & maturity
 - Injuries & mental state



WARN OF INHERENT RISKS

- Coaches must warn athletes of the risks of the skill, drill, or game.
- Participants should be encouraged to do drills properly and need to be informed of the risks if they use improper, dangerous and unethical techniques.



PROVIDE PROPER INSTRUCTION

- Employ the latest methods of proper instruction
- Use proper mechanics, sport strategies, and progression in skill development and conditioning
- Know how to implement them based on the readiness of the athlete to coordinate new levels of proficiency.

PROVIDE PROPER INSTRUCTION




- If an injury occurs while using improper instructional methods, negligence may be present.
- What is the number one law suit in youth sports?
 - NEGLIGENCE:
 - TEACHING IMPROPER TECHNIQUES
 - Inadequate Supervision

PROVIDE PROPER INSTRUCTION


- As a coach:
 - Improve your coaching skills
 - Take classes & go to clinics
 - Read books or watch videos
- Do not attempt to teach skills that YOU DO NOT know or understand.



 **CHECKPOINT:**
POTENTIAL TEST QUESTION

Most lawsuits against Youth Coaches result from:

- a) Violating the Mandatory Play Rule
- b) Having a losing season
- c) Coaches yelling at their athletes
- d) Coaches teaching improper technique/Negligence



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 **CHECKPOINT:**
POTENTIAL TEST QUESTION

Most lawsuits against Youth Coaches result from:

- d) **Coaches teaching improper technique/Negligence**



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EVALUATE FOR INJURY AND INCAPACITY

- The severity of an injury or illness is not easily determined.
- Recovery time may be longer if proper care is delayed, and the athlete could experience increased or permanent damage.




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EVALUATE FOR INJURY AND INCAPACITY

- If an injury has occurred, the coach must:
 - Assess the magnitude of the injury
 - Initiate appropriate care.
- When in doubt, sit them out!



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INITIATE MEDICAL RESPONSE

- In Pop Warner, at least one coach certified in first aid and CPR or the P.R.E.P.A.R.E course by the National Center for Sport Safety must be present at ALL practices and competitions.



- If a first aid certified coach is not available, the practice or competition **cannot** take place.

INITIATE MEDICAL RESPONSE

When Providing Emergency Assistance.

1. Check the scene for safety.
2. Check the injured athlete.
 - Protect them from further harm.
 - Follow universal precautions when appropriate.
3. DO NOT MOVE THE ATHLETE.
4. Activate the "Emergency Action Plan" (Next Slide).
5. Care for the injured athlete until EMS Arrive.
6. Provide supervision to the non-injured athletes



INITIATE MEDICAL RESPONSE

The Emergency Action Plan

- Association Board should consult with their local EMT's when writing the plan.
- Share the plan with visiting teams.
 - Inform them of:
 - medical staff available
 - emergency numbers
 - directions to emergency medical facilities.

RETURN TO PLAY GUIDELINES

Pop Warner rules require:

1. Athletes who are removed from a game/performance because of injury may not re-enter without approval from attending medical personnel.
2. The absence of pain does not signify that the injury is not serious.

RETURN TO PLAY GUIDELINES

3. With pain, swelling, or redness, **DO NOT ASK THE ATHLETE TO TRY TO "WALK IT OFF."**

4. Do not let the athlete move at all with any suspected injury to the head, neck or back.

- Do not let others touch the athlete or roll him or her over.

- Call EMS immediately.



RETURN TO PLAY GUIDELINES

5. An athlete exhibiting any of the following signs needs immediate medical care:

- Deformity of limb.
- Any extreme localized pain.
- Joint pain.
- Altered level of consciousness, including drowsiness, disorientation, seizure, unconsciousness.
- Repeated vomiting or diarrhea.
- Unequal pupil size.
- Severe bleeding.
- Breathing difficulty or breathing irregularly.
- Fluid leaking from nose or ears.
- Any eye injury affecting vision.
- Chest pain.

RETURN TO PLAY GUIDELINES



6. If there are ANY symptoms or signs of a potential head or neck injury:

- Do not let the athlete return to play.

- When in doubt...

- **PLAY IT SAFE!**

RETURN TO PLAY GUIDELINES

7. Following a serious injury or illness, return to play should be guided by a physician's recommendation and release.



RETURN TO PLAY GUIDELINES

8. An athlete should be able to demonstrate a pain-free full range of motion in the injured areas before returning to play.
9. The Head Coach CANNOT decide "return to play" even if the injury is to his or her son or daughter!
10. The Head Coach should defer to an official licensed athletic trainer or other medical professional on site.
11. The medical official shall always have final authority and decide if the player is to be removed and when the athlete should return to play.

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CONCUSSION GUIDELINES

If a participant is suspected of a concussion or a head injury that player must be removed from practice, game, or competition.

A concussion is considered to be an injury to the brain.



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CONCUSSION GUIDELINES

If a participant is suspected of a concussion or a head injury that player must be removed from practice, game, or competition.

Participants removed due to a head injury or suspected concussion may **not** return to play until the participant has been:

- A. Evaluated by a currently licensed medical professional trained in the evaluation and management of concussions.
AND...
- B. Obtains **written clearance** to return to play from that licensed practitioner.

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CHECKPOINT: POTENTIAL TEST QUESTION

What should a coach do when a concussion is suspected?

- a) Remove the athlete from play.
- b) Ensure athlete is evaluated right away by appropriate professional.
- c) Inform athlete's parents or guardian about possible concussion.
- d) Only allow athlete to return to play with permission from qualified health care professional.
- e) All of the above.



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CHECKPOINT:
POTENTIAL TEST QUESTION

What should a coach do when a concussion is suspected?




e) All of the above.

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INCLEMENT WEATHER

- Monitoring weather is the responsibility of:
 - The game official
 - Coaches
 - Association staff
 - League administrators
- Have procedures that you will follow if inclement weather becomes an issue.



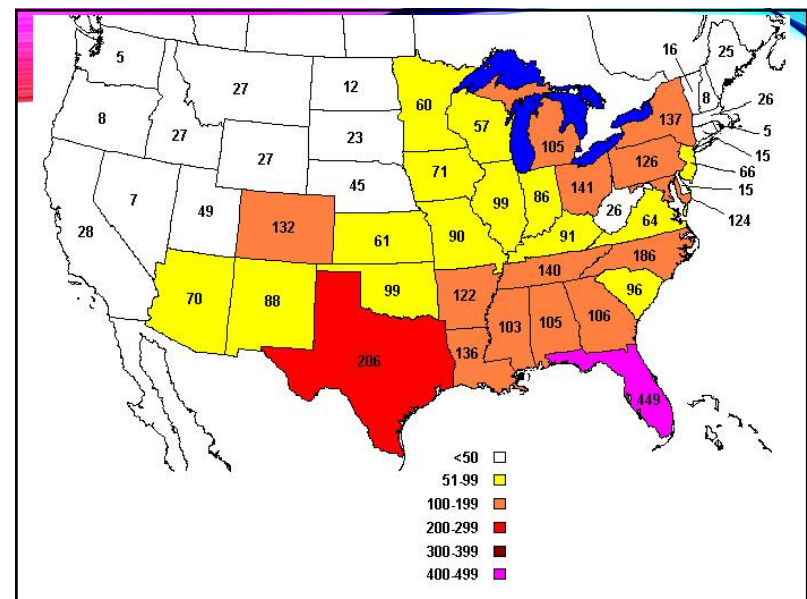
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INCLEMENT WEATHER⁴⁷



- Lightning is the biggest weather concern in SE Pop Warner.
- In the U.S. 1000 people are hit by lightning each year.
 - One hundred of those are fatalities.
 - Most of them are in Florida.

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LIGHTNING DEATHS IN FL⁴⁹

Deaths due to weather in Florida

- Lightning = 53.1%
- Drowning = 16.1%
- Tornadoes = 12.9%
- Hurricanes = 8.7%
- Wind = 4.2%
- Cold = 3.5%
- Others = 1.5%



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THE EFFECTS OF LIGHTNING (VIDEO)⁵⁰



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LIGHTNING SAFETY TIPS⁵¹

- Invest in a Lightning Detector
- Follow the 30/30 rule:
 - If the time between seeing the flash of lightning and hearing the thunder is less than 30 seconds, take shelter.
 - **You are in a strike zone.**
 - **Remain indoors or in a metal frame car for 30 minutes after the last flash of lightning.**

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WARM WEATHER RULE⁵²



- "Hot Weather Conditions"
 - The first official day of practice until Sept. 15th.
 - (In S. Fla. Hot weather conditions exist most of the season.)
 - Remains in effect on any day that the official high daily temperature reaches or exceeds 90 degrees.

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WARM WEATHER RULE

- Limit or Eliminate Laps
 - **N6 Laps for Punishment**
- Schedule Evening Practices
- Give Players Water Whenever Needed
 - **(failure to do so is considered Child Endangerment)**
 - **& get you suspended from the program**
- 15 Minute Break in the Middle of Practice
- Keep an Eye on Players for "Heat Related Illnesses"



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HEAT RELATED ILLNESSES

Three stages of heat illness

- Heat Cramps
- Heat Exhaustion
- Heatstroke

→ If not treated = Death




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HEAT RELATED ILLNESSES

Early stages of heat illness

- Profuse sweating
- Fatigue
- Thirst
- Muscle Cramps



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HEAT RELATED ILLNESSES

Later symptoms of heat exhaustion:

- Headache
- Dizziness
- Weaknesses and light-headedness
- Cool, moist skin
- Nausea and vomiting
- Dark Urine



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HEAT RELATED ILLNESSES

Symptoms of heatstroke:

- Fever (temperature above 104 degrees F)
- Irrational behavior
- Extreme confusion
- Dry, hot, and red skin
- Rapid, weak pulse
- Seizures
- Unconsciousness
- DEATH!



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WRAP-UP CONCLUSION

- There are risk involved with youth cheer/dance
- Coaches have to manage those risk
- Learn the rules
- Use Common-Sense
- Know your 9 responsibilities as a coach
- DO THE RIGHT THING!

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CHECKPOINT: POTENTIAL TEST QUESTION

Which is not considered a Top Duty of a Coach?

- a) Properly Plan the Activity
- b) Initiate Medical Response
- c) Warn of Possible Dangers
- d) Match Athletes According to Age Only



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CHECKPOINT: POTENTIAL TEST QUESTION

Which is not considered a Top Duty of a Coach?

- d) Match Athletes According to Age Only



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