

# Soccer Field and Complex Safety Guidelines

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Dear Foundation Grantee:

Enclosed find the **Soccer Field and Complex Safety Guidelines**, feel free to copy or share the articles as you wish. We hope you find this information a valuable asset to assist you in creating a safer playing environment for all.

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2. Goal Safety Checklist
3. Soccer Safety Goal Has Not Yet Been Met
4. United States Consumer Product Safety Commission (CPSC) Guidelines for Moveable Soccer Goal Safety

*Please contact Kwik Goal or the US Soccer Foundation for more information*

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(202) 872-9722  
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# SAFETY CHECKLIST

## INTRODUCTION

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Due to the physical nature of soccer, injuries are bound to occur. Groups we surveyed typically did not have an organized action plan in case of an emergency. We highly recommend your group organize such a plan with the help of professionals.

- Work closely with the American Red Cross or similar agency to develop an emergency services plan.
- Keep first aid kits readily accessible during soccer games and events.
- Employ a system for replenishment of first aid supplies.

This section is designed to help you address the steps to take during an emergency. The development of a solid, working emergency services plan is an essential part of a complete soccer program.

Prior to each practice, game, or organized activity, all coaches, assistant coaches, and others in charge of an activity should make a habit of performing a safety check.

## FIELD CONDITIONS

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- Goalposts anchored
- Edges rounded on goalposts
- Posts welded properly
- Foreign objects removed from field
- Sprinkler heads seated properly
- Corner markers covered
- Cracks in field filled
- Playing area free of ruts and hills

## WEATHER CONDITIONS

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- High Winds
- Approaching rain, lightning or thunderstorms
- Heat: light clothing, drinking water
- Cold: proper dress

## **EQUIPMENT**

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- Cover shinguards on each player
- Shoes adequate for conditions
- Ball in good shape

## **TEAM CONDITIONS**

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- Train and warm-up properly
- Promote camaraderie and prohibit exclusivity
- Place players of similar ability together

## **MEDICAL INFORMATION**

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- Know special needs of all players
- Obtain authorization to have players treated
- Obtain players medical coverage information
- Keep information in one place

## **EMERGENCY CONDITIONS**

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- Establish emergency communications link
- Know location of ambulance and health care facility
- Train staff and volunteers in CPR and first aid

## **SCHEDULE**

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- Make sure all participants are aware of schedule
- Begin and end practice on time
- Arrange for proper supervision

## **COACH'S KIT**

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- First aid kit
- Player I.D. cards
- Parent/guardian phone numbers

## **TOURNAMENTS**

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- Make drivers aware of liabilities and responsibilities
- Understand medical and liability policies
- Know your legal responsibilities
- Pack medical I.D. cards and medical claim forms

***Strategy: Many groups use golf carts to quickly transfer injured players from the field***

## GOAL SAFETY CHECKLIST

Proper installation and use of soccer goals can prevent serious injuries and may even save lives. Your group should be aware of soccer goal safety. The following soccer goal guidelines are intended to address the risks associated with movable soccer goals.

### GOAL SAFETY CHECKLIST

Review this goal safety checklist, consult professionals during your planning phase, and refer to the Appendix for further information.

- Inspect goals before every practice and game
- Examine the structures for sharp edges, protrusions, or fractures
- Anchor goals securely
- Check that all bolts, screws, and connections are intact and securely tightened
- Take goals out of service if inspection reveals a problem

### TIPS FOR SAFE GOAL STORAGE

- When goals are not in use for a long time, store them in an enclosed area not readily accessible to the public. If an enclosed area is not available:
    - Store goals against, or secure to, a wall or fence
    - Place goals face down for maximum safety
  - Do not leave sharp edges exposed or facing upward
  - Any storage procedure should discourage or prevent climbing on goals
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*See Appendix for guidelines on movable soccer goal safety from the U.S. Consumer Products Safety Commission, Washington, DC, Refer to Appendix Article "Soccer Safety Has Not Yet Been Met" for more information.*

## SUMMARY CHECKLIST

- Create emergency action plan
- Educate volunteers and staff about your program
- Teach soccer participants proper habits to avoid injuries and promote goal safety.

# SOCCKER SAFETY GOAL HAS NOT YET BEEN MET

## LIABILITY REPORT

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*By Rick Berg*

Noting that at least 21 deaths since 1979 have been attributed to movable soccer goals tipping over, the U.S. Consumer Product Safety Commission has issued new guidelines on soccer goal safety, updating the guidelines it published in 1992. (See "Safety is Goal of Soccer Coalition," December 1992, p.1-3.)

**Secure unused goals:** Because most of the deaths and injuries have occurred outside of game and practice sessions, the CPSC recommends that goals should be secured when they are not being used. Among the CPSC suggestions: securing goal frames face-to-face with locks and chains, locking and chaining each goal to a permanent fixture (such as a fence), locking goals in secured storage areas, disassembling the goals for seasonal storage of folding goals face down and locking them to their bases.

**Anchor goals in use:** As before, the CPSC recommends anchoring goals when they are in use. The new guidelines specify several anchoring methods:

- Auger-style anchors screw into the ground through flanges attached to the ground shoes or bars.
- Semi-permanent systems include a permanent base buried underground, with the ground shoe or bar attached by a tether or bolt.
- Pegs or stakes are driven into the ground through holes in the ground shoes or bars.
- J-hook stakes are driven into the ground, with the hooked portion fitting over the ground shoes or bars.
- Sandbags or other counterweights can be placed on top of the ground shoes or bars on artificial turf or in other areas where the surface can't be penetrated by a conventional anchor.

*For a copy of the CPSC's "Guidelines for Movable Soccer Goal Safety" send a postcard to CPSC, Washington, DC 20207*

*For free soccer warning labels, contact the Coalition to Promote Soccer Goal Safety,  
Soccer Industry Council of America, 200 Castlewood Drive, North Palm Beach, FL 33408*

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## **SAFETY REFERENCES**

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1. "NCAA Injury Surveillance System" questions to Randall Dick, Assistant Director of Sports Sciences, NCAA, 6201 College Blvd., Overland Park, KS 66211-2422, (913) 339-1906. In loose leaf binder, covers major sports including soccer, completed yearly.
2. Section XI of New York State Public High School Athletic Association, Inc. Interscholastic Sports Directory, annual, 64 pages, Heart Alert Policy excellent, 100 Suffolk Ave., Stony Brook, NY 11790, (528) 751-5005.
3. "A Handbook for Public Playground Safety," ~ Volume 1, 13 pages, U.S. Consumer Product Safety Commission, Washington, D.C. 20207, (800) 639-8270, FREE.
4. "Sports Injury Risk Management and the Keys to Safety," in loose leaf binder, 150 pages covers 11 categories, has accompanying video. Coalition of Americans to Protect Sports (CAPS), 200 Castlewood Dr., North Palm Beach, FL 33408, (800) 338-8678. Approx. \$25.00
5. Sporting Goods Manufacturers Association (SGMA) Safety Standards Committee, meets 1-3 times annually, 1625 K St. NW, SW 900, Washington, D.C. 20006-1604, (202) 775-1762.
6. NCAA Sports Medicine Handbook, 23 pages, The National Collegiate Athletic Association, Nall Ave. at 63<sup>rd</sup> St., P.O. Box 1906, Mission, KS 66201, (913) 384-3220. GO
7. National Federation News, 47 pages, does "Fatalities: Indirectly Due to Football" report annually, National Federation of State High School Association, 11724 Plaza Circle, P.O. Box 20626, Kansas City, MO 64195, (816) 464-5400.
8. Soccer Site Planning System. 82 pages, Soccer Industry Council of America, 200 Castlewood Drive, North Palm Beach, FL 33408, (407) 840-1171.