

Milton Youth Soccer Safety Plan

The primary audience for this document is for Coaches to offer instruction on how to handle different issues that may arise on the field. That said, any member of the MYS community benefits from understanding how MYS operates in a safe manner.

While MYS has anticipated and provided guidance for certain common situations, if you encounter something that is not covered in this Safety Plan, call 911 if there is a threat of injury or actual injury and always use common sense to keep yourself and players safe.

Emergency Contacts

Milton Soccer President
Jaime Levash
708-691-7512

Registrar
Heather Montgomery
617-459-7040

Field Condition

Coaches should walk the field of play prior to practice and games to assure field is free of debris and holes. Travel games, corner flags should be in place and sandbags should be on goals.

Ensure fields and the space around sidelines are clear during practices and games, follow these guidelines:

- Equipment: All equipment (e.g. bags, clothes, shin guards, etc.) should be a minimum of 5 yards away from the sideline
- Vehicles: Bikes, scooters and other methods of transport should be clear of the sidelines and fields
- Spectators: All spectators should be a minimum of 5 yards away from the sideline to allow a clear path for sideline refs to run and for space for throw-ins

If coaches feel the fields are unplayable, they should cancel practice and report issues to the Field Director.

Weather

If fields are closed, MYS usually communicates with coaches via email by mid-afternoon during the week for practices and first thing in the morning on game days. Coaches are responsible for informing opposing coaches that games are canceled.

If weather does change and fields are not closed, Coaches are responsible for suspending and/or cancelling practices in situations of severe weather. If this occurs, coaches must not leave until all players have been picked up by a responsible adult.

Severe storms can produce high winds, heavy rain, hail, lightning, thunder and/or tornados. In the event of severe weather all players, coaches and referees must clear the field immediately and move into cars or other permanent shelter.

See a **lightning bolt** and hear **thunder**, clear the field immediately and seek shelter. Practice/games cannot restart until at least 30 minutes from the last seen lightning strike or heard roll of thunder. Review [Mass Safe Soccer](#) for additional details.

MYS follows [Mass Safe Soccer](#) weather policy regarding **hot and cold weather**.

Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop.

Games need to be adjusted as the heat index rises:

- Mandatory water breaks
- Go to quarters
- Shorten the games

The following are recommended when there is a possibility of dangerous high heat index:

- Up to 84° - Normal Play.
- 85° - 89° - Mandatory two-minute water breaks per half with running time.
- 90° - 99° - Mandatory two-minute water breaks per half with running time. Each half shortened by five minutes.
- 100° - 104° - Mandatory two-minute water breaks per half with running time. Each half shortened by ten minutes.
- 105°+ - Suspend Play.

Cold weather can be a factor in late fall and early spring. Players should be allowed to dress appropriately. Check weather apps for temperature and wind chill index.

Cold Index	Recommendations
46° and higher	No Change
45° and lower	<p>Allowable Additional Clothing:</p> <ul style="list-style-type: none"> Layered beneath uniform (for example) <ul style="list-style-type: none"> long sleeves long pants additional socks Gloves or mittens Stocking caps without straps Sweat pants or shirts – In the case of extremely cold weather, may be worn underneath the uniform, provided the entire team uses the same color sweats <p>Jackets may be worn under the uniform so that referees can see the player's number in the event of a card being issued.</p> <p>Clothing NOT Allowed:</p> <ul style="list-style-type: none"> Hooded sweatshirts <ul style="list-style-type: none"> hoods and strings present possibility of being grabbed Ear muffs (headbands OK) <ul style="list-style-type: none"> plastic or metal part crossing top of head presents potential hazard Scarves Isadora Duncan Syndrome
40° and lower	Above + Shorten games by 5 min/half
35° and lower	Suspend games

*At home games, MYS asks that coaches check with refs to assure they have shelter when weather arises and postpones or cancels games. Remember, many times they ride their bikes or are dropped off to games.

Injury/Emergency on the Field

For medical and security emergencies, call 911.

After any emergency is managed or non-emergency incident, it should be reported to the Girls/Boys Travel Director or the K2+ Directors.

Major injuries may include incidents of broken bone, loss of consciousness, major bleeding from a wound. In the absence of the injured player's parent/guardian, take the following steps in the event of a major injury:

- Call 911, inform first responders of your field location and number
- Notify parent/guardian (Coaches should have a list of all family contacts with them)
- Request assistance from any healthcare provider bystanders

Follow [Cardiac Arrest Emergency Action Plan](#) in the event of suspected cardiac arrest.

If an injured player requires **ambulance transport** and a parent/guardian is not available to ride

along in the ambulance, another responsible adult must accompany the player (assistant coach, manager, parent/guardian who is familiar with the injured player). In the event that there is only one responsible adult, we ask that you remain with the team and continue to engage the injured player's parents/guardians.

When a **head injury** is suspected, immediately remove the injured player(s) and follow the [Concussion Management Emergency Action Plan](#).

- Contact parent/guardian in the event of any sustained head injury
- If any of the following symptoms occur, immediately call 911 and seek medical attention:
 - One pupil larger than the other
 - Drowsiness or inability to wake up
 - A headache that gets worse and does not go away
 - Slurred speech, weakness, numbness, or decreased coordination
 - Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
 - Unusual behavior, increased confusion, restlessness, or agitation
 - Any loss of consciousness

While rare, we want to be prepared for **security issues** including, but not limited to, harassment to players, coaches, refs and volunteers by anyone at the field. In the event of an incident:

- Call the 911
- Contact the parent/guardian of the involved player(s)

For major injuries, incidents involving player's heads, cardiac arrest, please see above. For **minor injuries** including small cuts, minor nosebleeds, twisted ankles:

- Coaches must wear gloves when handling blood or other bodily fluids
- Players must not be actively bleeding in order to return to the field
- Coaches should notify parents/guardians for players who receive first aid