

Soccer Safety Guideline

Youth Sports Academy

Each of the following case is associated with a real soccer accident happened in the field from other soccer leagues. For example (case 1), a young player was collided with an adult (he sat too close to the field), and this adult fell on the player. This collision led the young player a broken leg.

1. Parents and spectators should be at least 5 feet away from the field border.
2. Pre-game field inspections are critical to avoiding preventable injuries. Parents should inspect the facility and equipment before game and raise the safety issue to coach or team managers. If the field conditions present a safety hazard to players, the referee and coaches must do what they can to remedy the situation, cordon off the unsafe areas, move the game or cancel it altogether.
3. Referees need to keep tight control over the game. Coaches and teammates (and others) need to be kept a safe distance from field of play.
4. For soccer games there is no way to avoid collisions between players. However, coaches need to act quickly when there is the possibility of concussion or more serious head injury.
5. It is very important to match players in game situations by relative size as well as ability to prevent avoidable injuries.
6. No coach or adult volunteer should ever be one-on-one with a player.
7. Background checks provide key information regarding a coach's suitability to participate in youth sports.

All players MUST wear shin guards/pad during the practice and game!

NO EXCEPTIONS!