

**ICSL**

INTER-COMMUNITY SOCCER LEAGUE  
SAFETY INSTRUCTIONS

**2011 Season**

Providing A Safe Environment for Our Kids



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## League Safety

Safety is everyone's job and having properly communicated policies and ensuring that everyone involved with the program adheres to common sense guidelines will hopefully reduce the risks associated with a physical sport like soccer. The Inter-Community Soccer League (ICSL) believes that the proactive communication and application of these guidelines will provide the communities that participate, and more importantly the kids that play, with the best recreation environment to support our leagues purposes.

The purpose of **ICSL** is to:

1. Teach the fundamentals of soccer;
2. Promote physical fitness;
3. Teach good sportsmanship and teamwork;
4. Promote the sport of soccer to the youth of the Central Illinois area.

Thank you to all of the dedicated parents, volunteers, referees, and coaches for making ICSL a great league. Your assistance with safety is appreciated. If you notice any unsafe activity or have any questions do not hesitate to bring it to the attention of the ICSL Board members, Community Director, Field Director, Coaches or if urgent we will use our best judgment to take care of the situation immediately.

Sincerely,

*Rick Walker*

ICSL President



## Questions Parents Should Ask

Before a parent signs up a player to play on a soccer team, there are a few questions they should ask, and some things they need to know before proceeding:

- Does my player want to play soccer? Sounds obvious, but sometimes parents are the ones who want the child to play, not the child.
- Does the organization have the right level of play for my child (recreation or competitive)?
- Is there a safety program within the organization and are they committed to safety?
- Are the coaches properly trained to teach soccer skills and are they safety conscious?
- Are the coaches screened through an ongoing Risk Management Program?
- Is there a board of directors available if I have concerns that my coach cannot address?
- Does the coach show concern for the health and welfare of the players without excessive regard for the score or outcome of the game?
- Does the coach apply appropriate discipline at practices and games? Players that are out of control or not supervised can get hurt.
- Does the coach have an “open door” policy for players and parents to discuss their child’s soccer experience?
- Are the fields used for games and practices safe?

## Coming to Practice / Games

Following are some common-sense items that are required of all visitors to the soccer fields where ICSL Teams practice or play games. If you find yourself late to a game, do not try and make-up the time in the parking lot.

- Obey the posted speed limits in the roadways and parking lots.
- Always be alert for children around parked cars.
- No playing in parking lots at any time.
- No playing on and around lawn equipment.
- No kicking balls against dugouts, backstops, snack stands.
- No throwing rocks.
- No climbing fences.
- No alcohol allowed in any parking lot, fields, or common areas.
- Observe all posted signs and rules of the location where the practices or games are held.



## ICSL Safety Code

It is the responsibility of all persons involved to maintain a safe environment. Even with precautions and policies in place soccer injuries are inevitable and are very common and broken bones and concussions do occur. Responsibility for maintaining a safe environment is not limited to adults but all participants.

- Arrangements should be made in advance of all games and practices for emergency medical services.
- Managers, coaches and referees should have some understanding of first aid and how to administer it. A First Aid Kit should be available at the field. It is recommended that each coach carry a First Aid Kit for all activities, specifically practices and games.
- No games or practices should be held when weather or field conditions are poor, or when lighting is inadequate.
- The practice and games fields should be inspected frequently for holes, damage, stones, glass and other foreign objects.
- Nets and corner flags should be in operational condition.
- Spectators, substitute players, and all coaching staff should remain off the field and behind the line (where painted) or at least 3-4 feet from the sidelines. The line judge should ensure they have sufficient space to run the line.
- Only players and referees are permitted on the field during games and practice sessions.
- Responsibility for keeping drink containers, extra balls, and other gear off the field of play is the responsibility of the coach and assistant coach.
- Coaches should perform warm-up drills / stretching exercises before and after games and practices to reduce the risk of injury.
- Any balls that leave the field of play during a game or practice and enter or cross into hazardous areas, such as a parking lot or road should be treated with a high degree of safety. Coaches and Referees should exercise caution and instruct players to not rush to get to a ball and create an unsafe situation. A back-up ball should be used and a parent or substitute player should retrieve the ball.
- During practice and games, all participants should be alert and watch the field of play for activities that may cause an unsafe situation, example – errant kick or rush to a ball going out of bounds.
- Player equipment (Shoes, Shin Guards, Soccer Ball) should be inspected regularly.
- While slide tackling is an approved play in ICSL, coaches should explain to their players that the cleats must be down and any unsafe play can result in: 1) penalty kick, 2) possible yellow or red card being issued.
- At no time should "horse play" be permitted on the playing field.
- Players who must wear glasses, are required to wear specifically designed sports glasses or goggles. Players will not be allowed onto the field in "street glasses".
- Players must not wear watches, rings, earrings, pins or other metallic items or items that could be determined by the head referee as having the possibility to injure other players. If in the judgment of a healthcare professional (and the coach) a player is allowed to play with a cast, it must be padded or wrapped to protect the individual and other players.
- During the game, substitute players should remain in the player area and refrain from horseplay.
- Teams must clean up trash around their area after games, to demonstrate appropriate behaviors to their players, and to support the local field maintenance/community.



## Safety Summary for Coaches



### SAFE Soccer's "DO'S"

- Ensure fields for games and practices are free of obstacles and irregularities.
- Secure all portable goals, and inspect permanent goals for hazards.
- Be observant of weather conditions like heat, lightning and air pollution.
- Practice good first aid techniques for minor injuries.
- Refer all significant injuries, including concussions for medical assessment.
- Know each player's individual limitations and illnesses.
- Apply good training techniques and injury prevention concepts in practice & games.
- Supervise players when at games, practices and when travelling.
- Keep parents informed on any matters relating to the health and welfare of players.
- Inspect all player's personal equipment regularly.
- Do not permit players to return from injury until released by MD and ready to play.
- Educate all players, parents, and staff on importance of safety. It's everybody's job.



### SAFE Soccer's "DON'TS"

- Never permit players to play on an unknown or unsafe surface.
- Portable goals should not be left unsecured, climbed on or moved by players.
- Don't push the limits with severe weather conditions. Know when to call it a day.
- Do not neglect minor injuries to players, thinking they are "no big deal".
- Never permit a player's return to play after significant injury, without MD approval.
- Do not take short cuts with training, warm-ups, cool-downs to save time.
- Do not be oblivious to each player's individual health issues.
- Do not assume players will inform their parents about their soccer injuries.
- Never leave the field until all players have left or have been accounted for.
- Do not take for granted that players will have appropriate equipment.
- Do not assume everyone else understands the importance of safety.
- Never put the importance of the game before the player's health and well-being.



## On the Field

Whether it is a sprained ankle from tripping over the ball, collisions or other accidents, there are several things that you can do to reduce the chances of injuries.

1. Wear protective gear, such as shin guards, mouthguards, and other gear.
2. Warm up and cool down.
3. Know the rules of the game.
4. Watch out for others.
5. Don't play when you're injured.

It's not a good idea to just bolt on to the field and start playing. You shouldn't even start stretching until you're a little warmed up. So take a light jog to get loosened up and ready to play.

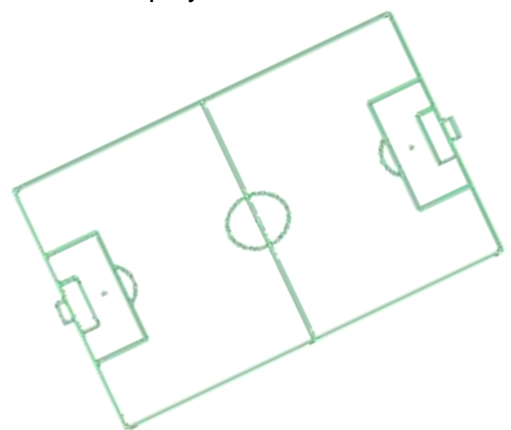
Doing some stretching also prepare you to hit the field. Warming up your muscles and practicing a sport help keep you safe, too. Warm-ups that last 15 to 30 minutes and include slow, gradual stretching help lengthen your muscles and increase your blood flow and muscle temperature. That way, your muscles are ready to go and are much less likely to get hurt. Often overlooked, but equally important is to perform warm-down exercises at the end of a practice or game.

Sprained ankles are one of the most common soccer injuries due to the great deal of foot work involved. These injuries can be avoided by using some caution when passing or receiving the ball, as well as taking care when running down the field. Proper foot position when handling the ball is one of the most effective ways at preventing this type of injury. Unfortunately, accidents will happen, regardless of how careful you are.

If you get a cramp or feel pain while playing, ask to come out of the game, and don't start playing again until the pain goes away. Playing through pain might seem like a brave thing to do, but it can increase the severity of an injury and possibly keep you on the sidelines for longer stretches of time.

Be prepared for emergency situations. Have a responsible adult on-hand when you play, or have a plan to contact medical personnel so they can quickly treat concussions, fractures, or dislocations.

If an opposing player collides with you or does something you disagree with, don't take it personally. Let the referees handle the situation, and never start a fight with another player.



## Personal Equipment

Without soccer safety equipment, all of the game rules would be ineffective. Shin guards, cleats, jerseys and proper fitting shorts and socks all work together to ensure that every player can enjoy the game without being at high risk of injury. Shin guards are used to prevent bruising or breaking of the lower portion of the leg, where cleats and soccer balls are highly likely to hit.



Wearing a proper pair of soccer cleats, gives you more grip into the grass and helps to prevent sprains and breaks in the ankles. These shoes also give your feet adequate protection from other player's cleats and impact with the soccer ball.

Soccer does not require a lot of gear for each player, but it's a good idea to give some thought to all of these important pieces of equipment before you play:

- **Soccer Shoes** - Choose a pair of shoes with molded cleats or ribbed soles. Shoes with screw-in cleats may carry a higher risk of injury, so only use them when you need extra traction, such as on a wet field or a field with tall grass. Make sure your cleats fit properly and are laced up tightly each time you play.
- **Shin Guards** - If soccer players get lower leg injuries, it's usually because they weren't protected with adequate shin guards. A good shin guard will mold to the shin, end just below the knee, and fit snugly around the ankle bone. Bring your soccer socks and cleats with you when you buy shin guards to be sure that they'll fit properly.
- **Soccer Socks** - These are meant to hold shin guards securely in place and should be on the outside of the shin guards and worn anytime you practice or play.
- **Soccer Ball** - Check on Age Appropriate soccer balls, usually Size 4 or 5. Encourage parents to purchase name brand balls which are similar to what will be used in games and will last longer than cheaply made balls.
- **Water Bottle** - Stay hydrated, particularly on hot, sunny days, by drinking plenty of fluids before, during, and after games and practices.
- **Sun Screen** - You don't have to be on the beach or at the pool to get a sunburn. Sunburns can be painful and can be minimized by either limiting exposure or protecting yourself with sunscreen.
- **Mouth Guards** - A good way to protect your teeth, lips, cheeks, and tongue, and can help prevent head and neck injuries such as concussions and jaw fractures. Mouth guards are recommended for all soccer players especially if protecting dental/orthodontia work.
- **Goalie Specific Gear** - Goalies will want to wear long-sleeved shirts and specialized goalie gloves to protect their hands while stopping shots. Older boys may also consider wearing a protective cup for additional protection.

## Goal Safety

Whether you are the goalie, or a player on defense, the goal can occasionally become a safety hazard. In most instances, collisions with goal or goalie are caused by lack of observation. Whether you trip and fall into the goal posts, or hit the goalie by accident, you need to make certain that you are always watching where you going when moving in to score. Not only can this action cause injury, it can also get you carded which could potentially have you removed from the game.

The league also recognizes that movable soccer goals can fall over and kill or injure children who climb on them or hang from the crossbar. The U.S. Consumer Product Safety Commission (CPSC) has many reports where both homemade and manufactured soccer goals are involved in these incidents (including deaths).

To help prevent deaths and injuries associated with soccer goals, ICSL follows these safety guidelines:

- Securely anchor or counter-weight movable soccer goals at all times.
- Never allow anyone to climb on the soccer net or goal framework.
- Always instruct soccer players on the safe handling of and potential dangers associated with movable soccer goals.
- Check all connecting hardware before every use, replacing damaged or missing fasteners and mend or replace nets that can cause a safety issue immediately.
- Ensure safety labels are clearly visible.
- Remove nets when goals are not in use.
- Anchor or chain goals to nearby fence posts, dugouts, or similar sturdy fixtures when not in use.
- Fully disassemble goals for seasonal storage.



While it is the responsibility of the head referee before games, ICSL requires that coaches inspect the field, goals and nets before practices / games and track the inspections on a supplied form.

## Injuries + First Aid (excerpted from US Youth Soccer)

US Youth Soccer strongly recommends that parents and coaches consider attending a Red Cross First Aid course and CPR (Cardiopulmonary Resuscitation) course.



### Prevention of Injuries

The first line of defense in the treatment of athletic injuries is to prevent them. This is accomplished by a well planned program, competition among athletes with equal ability and size, proper warmup and adherence to the Laws of The Game.

Other factors that can lead to the prevention of injuries:

- A. Proper use of equipment (shinguards, no jewelry, uniforms designed for climate)
- B. Continuous upkeep of the playing surfaces.
- C. Proper fitting shoes, proper type of shoe for surface.
- D. Ample water supply and breaks to rest players.
- E. Avoid scheduling training during the hottest periods of the day and when there is intense humidity.
- F. Full rehabilitation of initial injury prior to returning to play.
- G. Use proper preseason screening program by qualified personnel:
  1. Will insure that players are not entering the season with preexisting injury.
  2. Insures that rehabilitation is complete.
  3. Determines the general health of the player
  4. May need some suggestions for rehabilitation or conditioning.

It is suggested that the coach or someone from the team be responsible for assisting with injuries, which may include attending a certified Red Cross First Aid course.

It is recommended that the coach should follow up with a phone call immediately after the game to the parents regarding any type of injury, should the parents not be in attendance at the game.

### Care of Injuries

The care of the injured athlete will begin the moment that an injury occurs. Immediate care will reduce the severity of the injury and the possibility of long-term disability. The coach, upon seeing an injured player should:

- A. Determine if the player is conscious and breathing. If unconscious and not breathing, begin CPR and call for medical assistance.
- B. Ask how the injury occurred: "Where did you get hit?", "did you twist you leg?", etc.
- C. Ask the player where it hurts.
- D. If the player is unable to continue, he should be checked to determine extent of the injury.
- E. After determining that the injury IS NOT life threatening, the nature of the injury can be further determined:
  1. Note the position of the injured part.
  2. Look for swelling and deformity.
  3. Compare with opposite side.
  4. Ask the player and or teammates what happened.

Treatment should be as follows (**RICE**):

- |              |                                  |
|--------------|----------------------------------|
| <b>R</b> est | Remove the player from the game. |
| <b>I</b> ce  | Apply ice to the injured part.   |



- C**ompression      Apply compression bandages
- E**levation        Elevate injured body part above heart if possible.

The **RICE** treatment is the only first aid treatment that is safe for a sports injury without professional advice.

The **RICE** treatment helps in **3** different ways:

- A. Applying ice chills the injured area causing the blood vessels to contract, reducing circulation to the injured area.
- B. Applying pressure with an elastic bandage inhibits the accumulation of blood and fluids in the area, thereby minimizing pain and swelling.
- C. Elevating the injured area decreases fluid accumulation to the injured area, puts the area to rest and helps reduce painful muscle spasms.

**RICE** treatments can do no harm to any type of injury. Almost anything else - including heat applications - can cause harm in some instances.

After evaluation of the injured athlete, follow-up should be considered if:

- A. Gross swelling or deformity is present.
- B. The player is unable to bear weight on the injured part.
- C. Severe pain or discomfort is present.



### Common terms that you should know in dealing with soccer injuries:

- **Sprain** - An injury to one or more ligaments. Ligaments are bands of tissue that attach bone to bone and stabilize joints. CARE: RICE
- **Strain** - A tearing injury to a muscle or tendon (tendons attach muscle to bone, except the Achilles tendon). CARE: RICE
- **Contusion** - A crushing injury to a muscle or tendon caused by an outside force, which causes hemorrhaging to surrounding tissue. CARE: RICE
- **Abrasion** - A loss of surface area of the skin caused by sliding on the field surface. CARE: Clean area with antiseptic to prevent infection. An antibiotic ointment may be used to keep wound moist and prevent infection.
- **Blister** - The collection of fluid under the skin usually caused by friction between the shoe and the skin. CARE: If open, treat as an abrasion. If closed, it should be drained only by a qualified person.
- **Heat Exhaustion** - A heat illness characterized by pale, clammy skin and profuse perspiration. Person may complain of being tired and weak with headache. Possibilities of cramps, nausea, dizziness, vomiting or fainting. CARE: Move to cool area, have player lie down with feet elevated. Remove restrictive apparel. Cool with wet towels. If player is alert, water may be given. If player vomits- take to hospital immediately. Always refer to a physician for further diagnosis and treatment.
- **Heat Stroke** - A heat illness characterized by high body temperature, skin is dry and hot to the touch, rapid pulse, player may lose consciousness. CARE: Seek immediate medical attention (Call 911), while waiting, treat as above for heat exhaustion.
- **Cramps** - An involuntary contraction of a muscle or muscle group that is repetitive and rapid in nature. CARE: Hydrate with water and stretching.



- **Concussion** - An injury to the brain. May complain of headache, ringing of the ears, dizziness, blurred vision. CARE: Seek immediate medical attention.

### Rules of thumb when handling an injured player:

- Avoid panic.
- Check for consciousness, bleeding, deformation, discoloration, breathing, shock.
- Depending on nature of injury avoid moving the injured player.
- Inspire confidence and reassure player.
- Use common sense.
- Seek professional help.
- Always err on the side of caution.

Use certified athletic trainers when available.

It is recommended that if a player has had medical attention, he/she must have written permission from a Health Care Professional to return to activity.

## Concussions

Soccer players come in to contact with other players, the ground, or even the goal posts when attacking or defending. Soccer is a contact sport and injuries can happen. Coaches are urged to teach the proper techniques for heading the ball so the potential for injuries is reduced.

Coaches and parents should use extreme caution when a concussion occurs and seek appropriate medical treatment. The following can be used as a guide to identify where a possible concussion occurred but should not replace parental judgment or the advice of a health care professional.



A concussion is a brain injury caused by a bump or blow to the head that can change the way your brain normally works. Even what seems to be a mild bump or blow to the head can be serious. As many as 3.8 million sports and recreation related concussions are estimated to occur in the United States each year. The number one cause for concussions is head-to-head contact followed by ball-to-head contact.

How a person acts after a concussion depends upon how forcefully the brain was jarred inside of the head. Sometimes a person loses consciousness, or is knocked out, for a few seconds or minutes.

A person may have a mild concussion and not be knocked out. Despite being awake, some people might be unable to remember what happened right before or after the head injury, which is called amnesia.

Most people who have a concussion will feel groggy and dazed for a little while. They may feel like they are in a fog, be shaky or dizzy, feel nauseated (sick to their stomachs) or may even throw up right after a concussion. Many people will have a mild headache that lasts for a few days or longer. In these instances the player should be pulled from the game to avoid further injury and the parents contacted so they can determine the appropriate course of action.



Sometimes, with a severe concussion, there may be bleeding inside of the head or bruising of the delicate brain. Usually people with a bad head injury will be knocked out for longer than a few minutes, act very confused (unable to remember the names of people or places, and sometimes even their own name), vomit repeatedly, or have a bad headache.

### **Immediately Following a Concussion**

Players should be taken to an emergency room, doctor's office, or clinic if they show the following signs:

- Increasing confusion or a change in personality or behavior.
- Blood or clear fluid coming out of the ears or nose.
- Not knowing where they are, or not recognizing people that are familiar.
- New problems with vision (blurry or double vision).
- Repeated or forceful vomiting.
- Slurred or confused speech.
- Weakness, loss of feeling, or new problems with coordination (balance and movement).

### **After a Concussion**

Pay close attention to your child for the next few days after the injury and call your child's caregiver if any of the following symptoms occur after the injury:

- Is harder to wake up than usual.
- Symptoms or condition gets worse in the days after the injury.
- Will not eat.
- Has headaches that are very bad, or that get worse in the days after the injury.
- Concussion symptoms that last longer than 2-3 weeks after the injury.

CDC Link for more Concussion information: <http://www.cdc.gov/concussion/sports/index.html>

### **Coaches + Injury Claims Procedure**

- Maintain a supply of player medical claim forms.
- Obtain and record relevant information about an injury to a player and/or spectator.
- Don't leave a player unattended until transferred to health or security personnel in the pre-authorized manner or released to their guardian.
- Don't accept or suggest fault for the incident.
- Don't state that medical bills will be paid.
- Contact the ICSL Board, then the IYSA Insurance department \_\_\_\_\_ or its designated insurance personnel with any questions.
- Always give respect and appropriate attention to the injured person.
- Always correct any hazardous situation as soon as reasonable after attending to the injured person.

### **Resumption of Activity Following an Injury**

The player must not be able to return to play in practice or game conditions until the following criteria have been met:

- The player should be able to run straight without pain; run and turn in a figure eight without a sign of a limp.
- Should be able to support weight with the injured part. If the injury is an ankle or knee, he should be able to do a toe raise on the injured side without being supported.
- The player should have practiced with the team prior to competition.
- There should be no pain or swelling or disability following activity.



## Severe Weather

One aspect of soccer safety that is forgotten by many players and parents is weather conditions. Playing in the rain can be a fun and invigorating experience but it also poses a dangerous situation when muddy conditions exist. The slipping and sliding created from playing in the rain introduces a wide variety of different injury possibilities. If it is deemed safe to play soccer in the rain, make certain you take every precaution possible.



### Thunder + Lightning

When a storm containing **thunder** and **lightning** appears game play should be ended immediately. A soccer field is the worst place to be in the middle of a lightning storm, and parents as well as players have been killed or maimed by lightning. If lightning is spotted and your referee or field director does not end the game, you should still leave the field as soon as possible.

ICSL has invested in a portable lightning detection system which alerts the Field Director or Safety Officer that dangerous weather conditions exist. This early warning system helps enhance our decision-making for when to stop a game in progress or not start a game.

- The \_\_\_\_\_ and lightning detection system uses several warning and message screens. The display \_\_\_\_\_ about detected storm and lightning activity (rainfall, wind speed, and severity). Other features: \_\_\_\_\_ mile \_\_\_\_\_ detection Independent of Any Other Weather Info \_\_\_\_\_ and Estimated Time of Arrival.
- More information about the \_\_\_\_\_ system can be found at: \_\_\_\_\_.

To Be Completed

### Tornados

The Central Illinois area has a large number of **tornados** and **severe weather** that passes through our area every year. Annually about a thousand tornadoes touch down in the United States killing or injuring many persons. While the chances that a tornado will directly strike the playing field that you are at is remote, you can greatly reduce the chance of injury by paying close attention to weather reports, strange clouds moving in, and severe weather shifts.

If a tornado "watch" is issued for your area it means that a tornado is possible, while a "warning" means that a tornado has actually been spotted or is strongly indicated on radar, and it is time to go to a shelter immediately. ICSL Field Directors will use all available information to decide if games should be cancelled or stopped before the situation gets to this point. Storms are largely unpredictable but by adhering to these warning signs and steps we hope to reduce the risks of exposing the teams and spectators to the severe weather.

Listed below are descriptions of how people have described their tornado experience:

- The sky turns a sickly greenish or greenish black color.
- A strange quiet occurs within or shortly after the thunderstorm.
- Clouds moving by very fast, especially in a rotating pattern or converging toward one area of the sky.
- An obvious "funnel-shaped" cloud that is rotating, or debris such as branches or leaves being pulled upwards and falling from the sky, even if no funnel cloud is visible.



- A sound like a waterfall or rushing air at first, but turning into a roar as it comes closer.
  - The sound has been likened to that of a train or a jet aircraft.
- If there is a watch or warning posted, then the fall of hail should be considered as a real danger sign. Hail can be common during severe weather and can be associated with tornadic activity.

If caught in the open area of soccer fields, you should seek a safe place immediately. The chances of encountering falling trees, power lines, and lightning is greater than encountering the tornado itself. While the basement of a sturdy building is ideal, that is not readily available when at a practice or game and lying flat in a ditch or low-lying area may be the only option available. A culvert in a ditch may be a good choice if there is no rain, however if there is rain, flooding may be more dangerous. Once the early signs of severe weather present themselves the Field Director, officials, coaches and parents should prioritize and evaluate the risks of all available options.

If you retreat to a car, and you can see a tornado forming or approaching, you should leave the car and take shelter in a ditch or culvert. You may believe you can escape from the tornado by driving away from it, but you cannot be assured what you may be driving into. A tornado can blow a car off a road, pick a car up and hurl it, or tumble a car over and over. Many people have been killed in cars while they were trying to outrun the tornado, and although it is sometimes possible to escape, it is generally not a good idea.

An underpass may seem like a safe place, but no one knows for sure how survivable an underpass is in a strong or violent tornado. The debris flying under the underpass could be very deadly and you should consider a ditch for safety.

What **TO DO** if you see a tornado:

- Your place for shelter should be decided on before-hand and well-known.
- Do not try to outrun a tornado. Get out of the vehicle and seek safe shelter. Lie flat in a nearby ditch or depression and cover your head with your hands.
- Be aware of flying debris. Flying debris from tornadoes causes most deaths and injuries.
- Use heavy blankets or a mattress to cover yourself from flying glass and other objects.
- Best places to seek refuge are: storm shelters, basements, under stairs, away from windows with many walls between you and the perimeter of the building, bathtub, closet or under a sturdy table.

What **NOT TO DO** if you see a tornado:

- Do Not stop under a bridge/overpass if you suspect or see a tornado is coming. The wind speed actually increase anywhere there is a restriction. The area under bridges restricts the flow of air causing it to accelerate and cause even more damage to anything in that area.
- Do Not come out immediately following strong winds when you hear a sudden calm, this is when the tornado is potentially about to strike.
- Do Not try and outrun the tornado.



## Risk Management

We must protect our youth from a small but dangerous number of adults whose focus is to prey on them. We, as coaches, parents and soccer administrators must be forever vigilant and implement policies that keep our players protected to the outside world, and under our constant supervision. Communities now have programs where they publicize the presence of known offenders, but for every known offender, there are likely many who are not known. We define “offenders” as those persons that may come in contact with the kids who have a violent and/or criminal history. ICSL understands the importance of protecting our kids while on and off the field of play by utilizing the Illinois Youth Soccer Association (IYSA) Risk Management (Background Check) program where coaches and administrators are screened for prior criminal history. The organization assesses any documented criminal or violent history and determines whether or not that individual is a threat to our youth. A conviction for shoplifting, for example, might not disqualify someone from coaching, but those decisions are up to the governing body of the soccer organization. It is not the purpose here to go into the details of Risk Management except to make a few references and emphasize the importance of such programs.



Web link to IYSA Background Check: [http://www.illinoisyouthsoccer.org/Background\\_Search.htm](http://www.illinoisyouthsoccer.org/Background_Search.htm)

## Player Supervision

A coach should never leave practice or games until all players have been picked up by their parents, or have a ride with another family. Under no circumstances should players be left sitting alone at a practice/game field after everyone (including the coach) is gone. Parents need to be advised they are responsible for either picking up their player or making arrangements with another family to take them home.



Player names and personal information should not be made overly visible to strangers.

## Transporting + Housing Players

It is not a good practice for coaches to transport players (alone) to and from practices and games. A coach can put themselves in a compromising situation when doing so. It has happened that players have accused coaches of improper behavior when it did not occur. A coach can leave themselves open for scrutiny with this sort of thing if they routinely transport players by themselves. I suggest coaches always have others in the vehicle when transporting players. In short, coaches need to avoid situations where they are alone for any period of time with a player. This is for the coach's protection.



Parents should be vigilant regarding their player. If a parent observes any inappropriate behavior of coaches or anyone else toward their player or any player, they need to bring it to the attention of an administrator or someone who is responsible for the coaching staff. Minor issues can be addressed to the coaches themselves; however, anything of a more serious nature needs to be taken to the next level of supervision and review.

## Physical Contact Between Coaches + Players

This is obviously an area where caution and good judgment should be exercised. In this day and age, it is sad to say that even a hug for a job well done can be misinterpreted as something other than what it is. Knowing your players and their families will help a coach establish boundaries for physical contact. One situation where contact is necessary is when a coach assesses an injury. Because ICSL has co-ed teams where both male and female players are on the roster, it is even more important to include parents where a questionable situation could have even the slightest chance of being misinterpreted.

Suggested guidelines to be used:

- Never take the player to an area out of sight to do a physical assessment.
- Have a parent or another adult chaperon the assessment.
- Ask the player first if it is OK for you to touch and/or inspect the area in question.
- “Drape” or shield personal areas close to the area inspected.
- Let the player use their own finger to point out the injured area.
- Let the parent know that you had to assess the injured area and what you found.

ALWAYS let the parents know if an injury or situation occurred at a practice or game so they can hear it from the coach and not after-the-fact from the player.

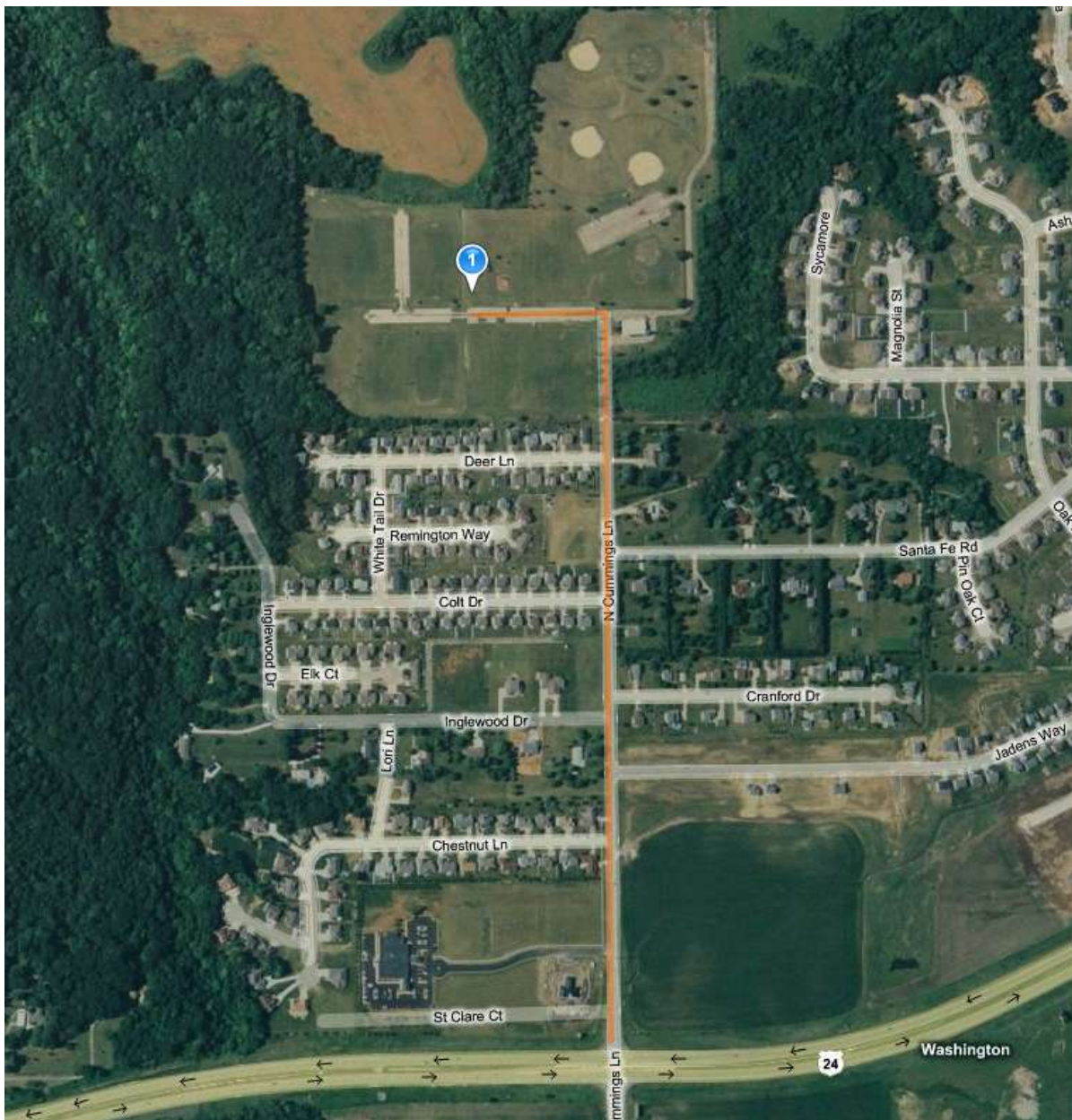


## Game Locations

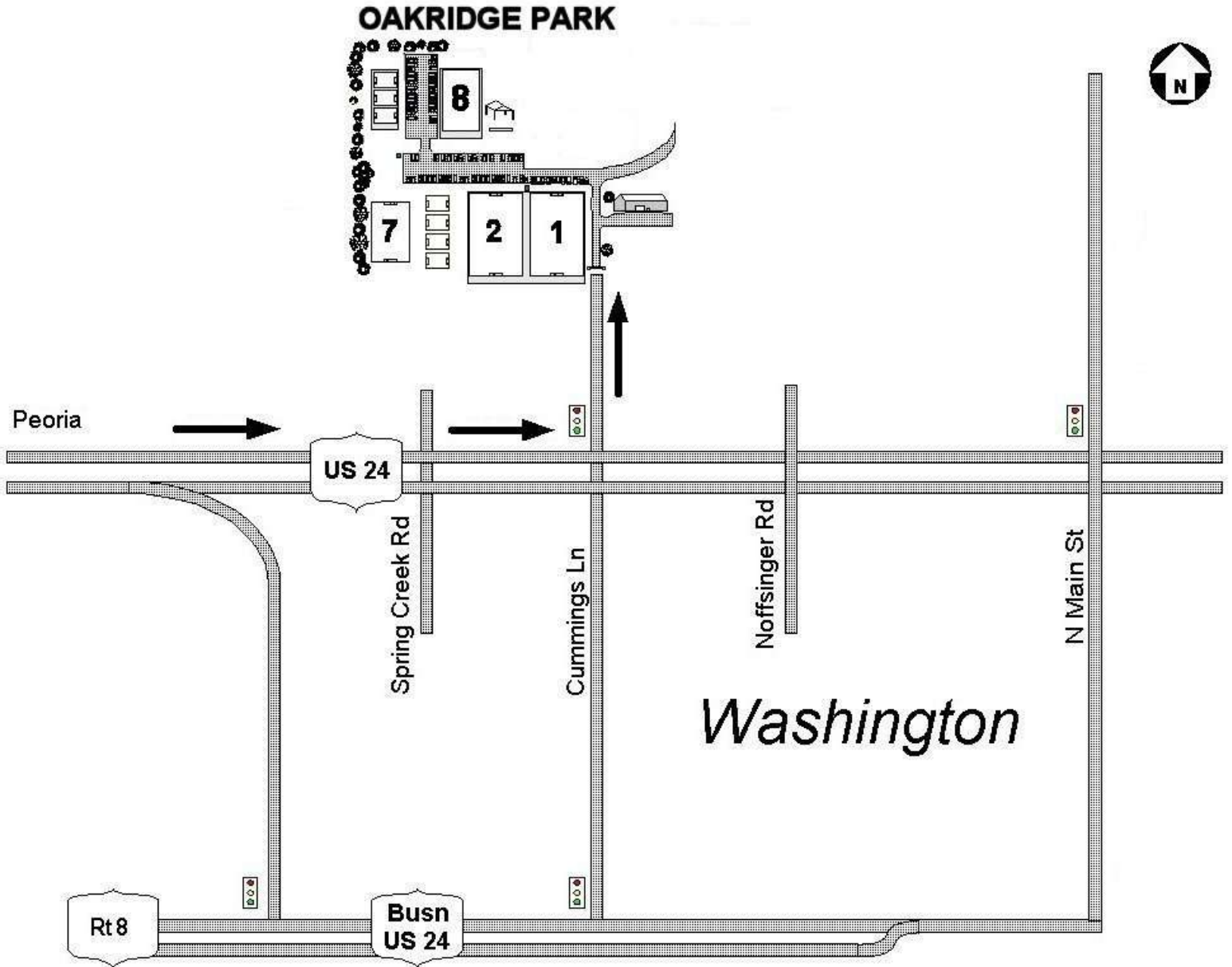
### Washington Oak Ridge Park - Soccer Fields

| Location                                | Park Director               | # of Fields |  | Shelters    |
|---|-----------------------------|-------------|--|-------------|
| N Cummings Lane<br>Washington, IL 61571 | Washington<br>Park District |             |  | 1 x Shelter |

| Parking Lot<br>Speed Limit | Concession<br>Stand | Playground | Nearest Hospital | Ambulance |
|----------------------------|---------------------|------------|------------------|-----------|
| 5 MPH                      | Yes                 | Yes        |                  |           |



# Washington Oak Ridge Park – Field Layout



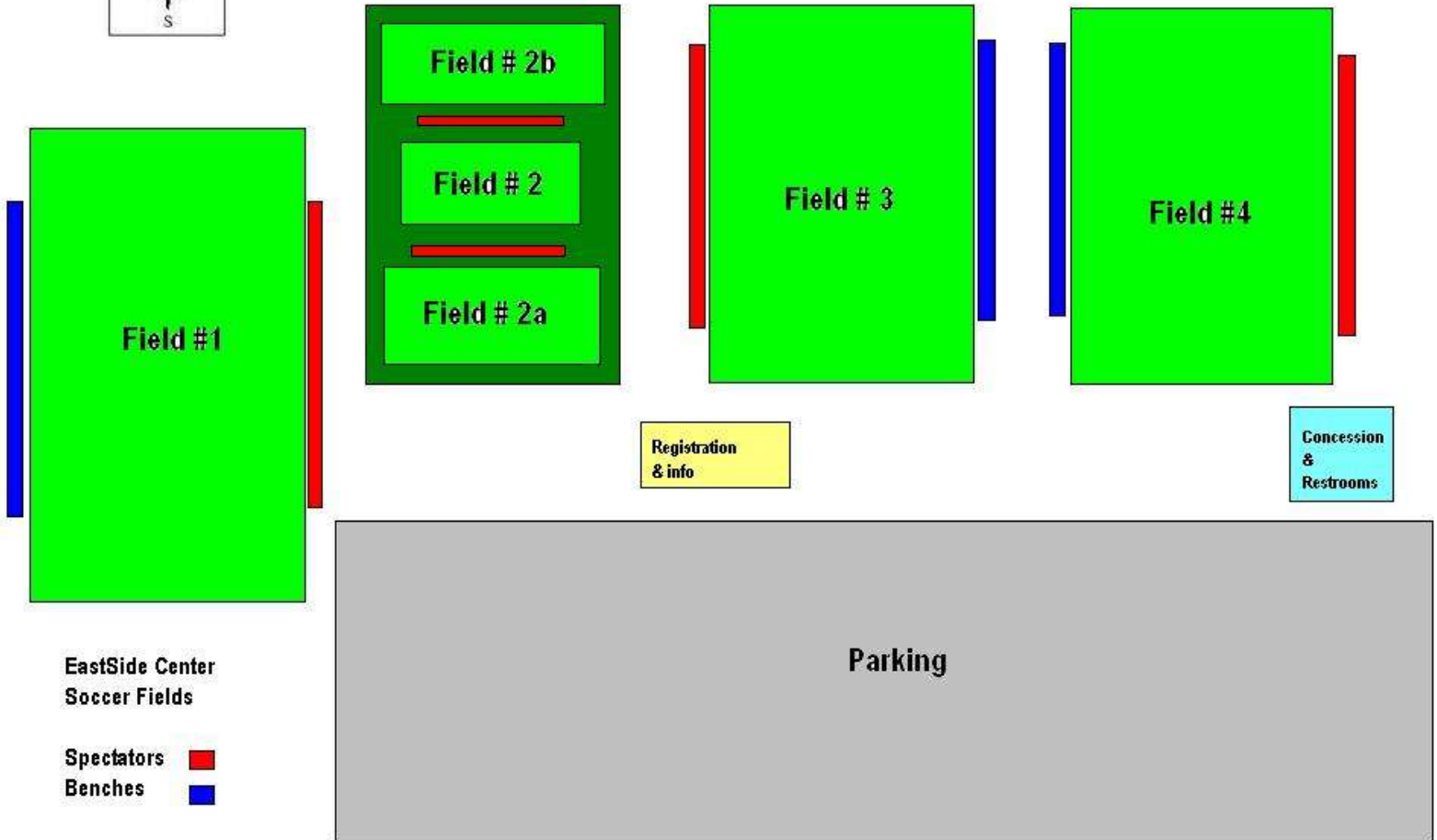
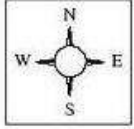
## East Side Sports Complex - Soccer Fields

|   |                             |             |                  |             |
|---|-----------------------------|-------------|------------------|-------------|
| Location                                  | Park Director               | # of Fields |                  | Shelters    |
| 1 EastSide Drive<br>East Peoria, IL 61611 | Fon du Lac<br>Park District | 4           |                  | 1 x Shelter |
| Parking Lot<br>Speed Limit                | Concession<br>Stand         | Playground  | Nearest Hospital | Ambulance   |
| 5 MPH                                     | Yes                         | No          |                  |             |



# East Side Sports Complex – Field Layout

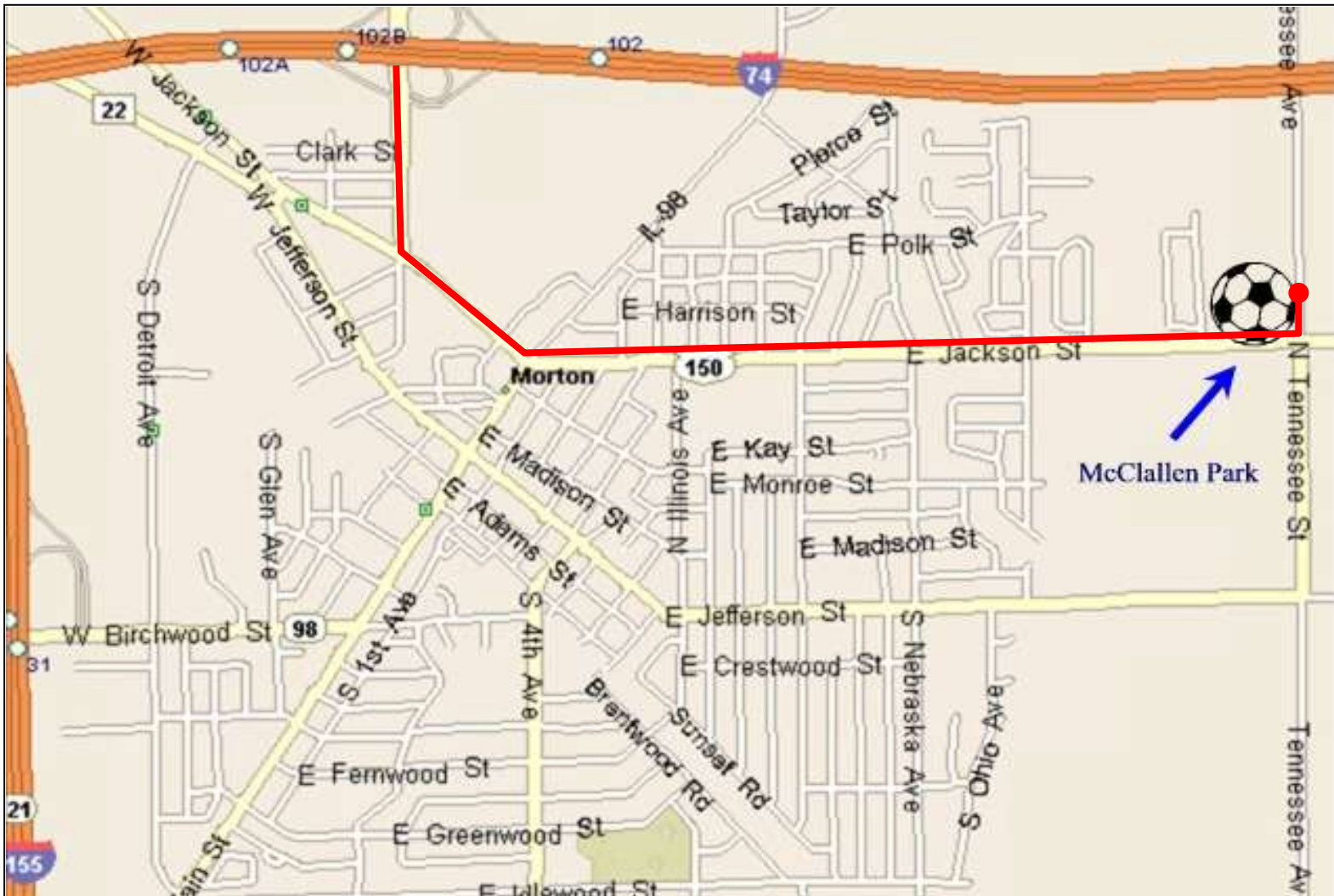
## ICSL Tournament Field Layout



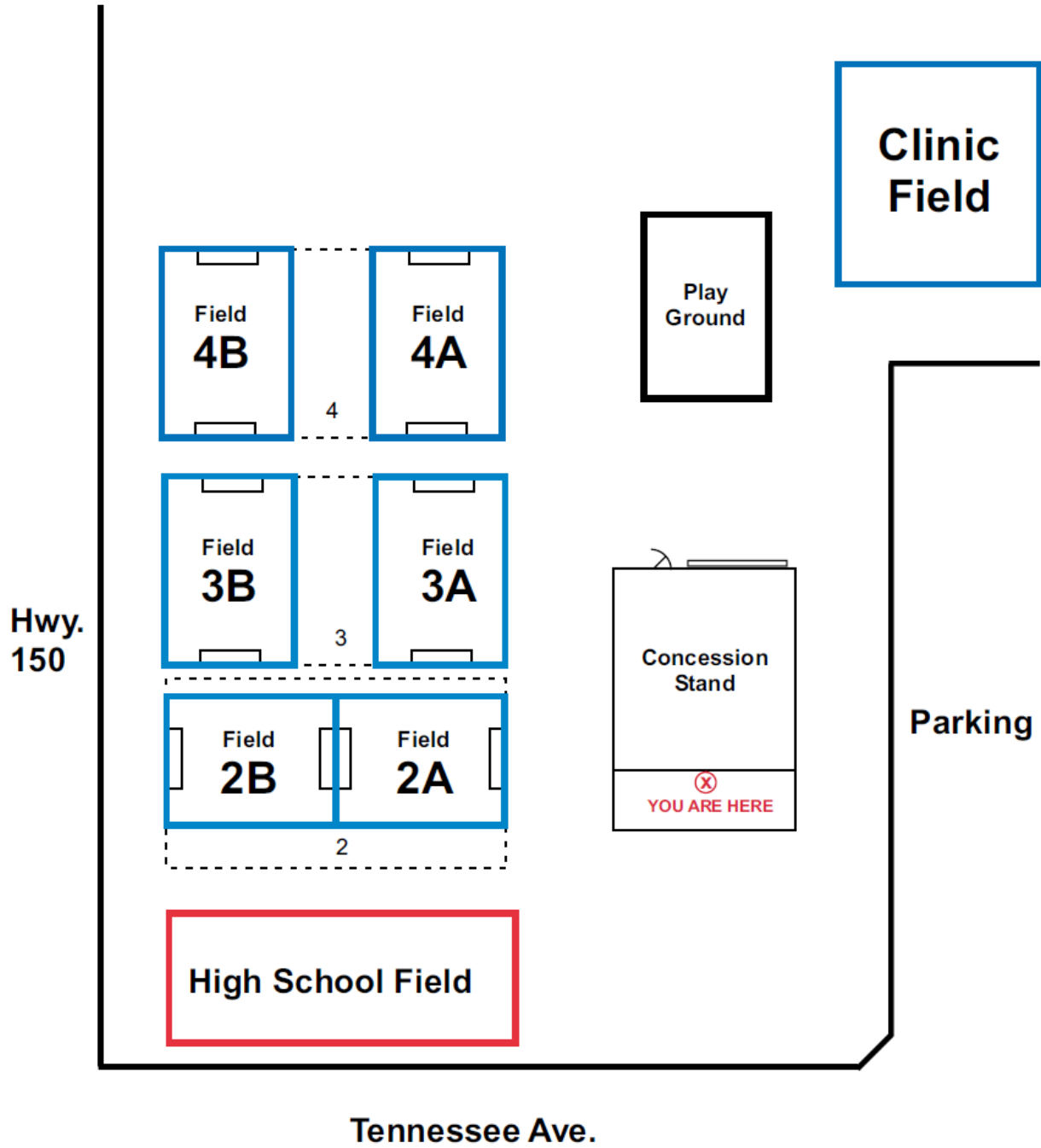
## Morton Park District - McClallen Park - Soccer Fields

| Location   | Park Director        | # of Fields |  | Shelters    |
|--|----------------------|-------------|--|-------------|
| Jackson - Rt. 150 + Tennessee Ave., Morton, IL 61550 | Morton Park District |             |  | 1 x Shelter |

| Parking Lot Speed Limit | Concession Stand | Playground | Nearest Hospital | Ambulance |
|-------------------------|------------------|------------|------------------|-----------|
| 5 MPH                   |                  |            |                  |           |



# Morton Park District - McClallen Park – Field Layout



## Disclaimer

**SECTION 1.** The corporation shall indemnify any person who was or is a party or is threatened to be made a party to or witness in any threatened, pending or completed action, suit or proceeding, whether civil, criminal, administrative or investigative, by reason of the fact that he or she is or was a member, director or officer of the corporation against expenses (including attorneys' fees), judgments, fines and amounts paid in settlement actually and reasonably incurred by that person in connection with such action, suit or proceeding to the fullest extent and in the manner set forth in and permitted by the Illinois General Not For Profit Corporation Act and any other applicable law, as from time to time in effect. Such right of indemnification shall not be deemed exclusive of any other rights to which such member, director or officer may be entitled apart from the foregoing provisions. The foregoing provisions of this Article shall be deemed to be a contract between the corporation and each member, director and officer who serves in such capacity at any time while this Article and the relevant provisions of the Illinois General Not For Profit Corporation Act and other applicable law, if any, are in effect, and any repeal or modification thereof shall not affect any rights or obligations then existing, with respect to any state of facts then or theretofore existing, or any action, suite or proceeding theretofore, or thereafter brought or threatened based in whole or in part on any such state of facts.

**SECTION 2.** The corporation may indemnify any person who was or is a party or is threatened to be made a party to or witness in any threatened, pending or completed action, suit or proceeding, whether civil, criminal, administrative, or investigative, by reason of the fact that he or she is or was an employee or agent of the corporation, or is or was serving at the request of the corporation as a member, director, officer, employee or agent of another corporation, partnership, joint venture, trust or other enterprise, against expenses (including attorneys' fees), judgments, fines and amounts paid in settlement actually and reasonably incurred by that person in connection with such action, suit or proceeding to the extent and in the manner set forth in and permitted by the Illinois General Not For Profit Corporation Act and any other applicable law, as from time to time in effect. Such right of indemnification shall not be deemed exclusive of any other rights to which any such person may be entitled apart from the foregoing provisions.

*END*

