

## **2.10 PHYSICAL EDUCATION AND ATHLETICS SAFETY**

### **Catastrophic Risks**

The most likely catastrophes associated with school athletics are:

- ?? Permanent disabling injury or death from faulty or misuse of athletic equipment through failure to properly instruct and/or supervise.

### **Common Hazards**

Most frequently reported accidents associated with school athletics include:

- ?? Falls from equipment
- ?? Struck by/injuries involving balls, bats, and other students
- ?? Slips/trips/falls on athletic fields, grounds, or wet locker room floors
- ?? Injuries due to inadequate personal protective equipment

### **Accident Prevention**

To minimize the potential for accidents to occur in school athletics, these procedures should be followed:

- ?? All athletic equipment should be inspected as per manufacturers' recommendations. Such recommended inspections will likely include continuous visual, monthly inspections utilizing a checklist to be completed by the Athletics staff, and annual inspections completed by the supplier or manufacturer of the equipment itself.
- ?? Documentation of all inspections (completed checklist, manufacturer or supplier reports) should be maintained by the Athletic or Physical Education director for a period of three years.
- ?? All Athletics and Physical Education staff should review the "Physical Education and Athletics Safety Rules" provided in this chapter. The staff should sign the Rules. The signed Rules should be forwarded to the School Personnel Office.
- ?? Prior to allowing students to participate in any athletic activities, the applicable "Physical Education and Athletics Safety Rules" should be reviewed, as should any additional precautions and rules the particular instructor feels are appropriate. The instructor should verify the students' understanding of the rules.

## **PHYSICAL EDUCATION AND ATHLETICS SAFETY RULES**

### **Installation and Maintenance of Athletic Facilities/Equipment**

1. Only approved equipment should be purchased and installed.
2. All equipment should be installed according to manufacturers' specifications.
3. All staff and students should be told to immediately report faulty equipment or poor grounds conditions.
4. Deficient equipment should be immediately labeled as such and withdrawn from use.
5. Inspections of equipment and facilities should be completed as per manufacturers' recommendations and any state requirements.

### **Locker Rooms/Showers**

1. Running and other horseplay is prohibited in locker rooms.
2. Swinging from bars or pipes is prohibited.
3. Standing on benches is prohibited.
4. Shower rooms must be under strict supervision of the instructor when in use.
5. Shower water temperatures should be periodically checked by the instructor.
6. Benches should be inspected for splinters, sharp edges and corners, protruding nails, etc.

### **Safety in Physical Education Classes**

1. Instruct students in the following prior to beginning any activity:
  - ~~✓~~ safe use of any equipment involved
  - ~~✓~~ dangers inherent in the activity
  - ~~✓~~ controls of the recognized hazards

2. Demonstrate how the activity is safely executed.
3. Condition the students (exercises, stretching, etc.) prior to allowing the activity to begin.
4. Insure that students have a clear understanding of how to safely execute the activity prior to allowing it to begin.
5. Provide and enforce the use of proper personal protective equipment and uniforms.
6. Require students to remove jewelry before participating in activities.
7. Insist that proper footwear be worn.
8. Require student to tie long hair back or otherwise secure it.
9. Instruct student in proper use of "Spotters"/"Buddies" during use of gymnasium equipment.

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Signature

Date

## PHYSICAL EDUCATION AND ATHLETICS SAFETY INSPECTION (sample)

School \_\_\_\_\_

- |     |  |     |    |
|-----|--|-----|----|
| 1.  | Is running and other horseplay prohibited in locker rooms?   | Yes | No |
| 2.  | Are shower rooms under strict supervision of the instructor when in use?                                       | Yes | No |
| 3.  | Are shower water temperatures periodically checked by the instructor?  | Yes | No |
| 4.  | Are locker room benches free of splinters, protruding nails and sharp edges and corners?                       | Yes | No |
| 5.  | Are the bleachers in good condition and structurally adequate both indoors and outdoors?                       | Yes | No |
| 6.  | Is the condition of playing fields satisfactory, devoid of holes, rocks, glass, etc.                           | Yes | No |
| 7.  | Are any folding type door(s) in gyms operating properly?   | Yes | No |
| 8.  | Is the gym equipment in good condition, e.g., no obstructions when playing games, gymnastics, wrestling, etc.? | Yes | No |
| 9.  | Are athletic equipment supply rooms off limits to students and locked when left unattended by an instructor?   | Yes | No |
| 10. | Are the off-site procedures (see 2.11) in place for athletic events held away from school property?            | Yes | No |
| 11. | Does the athletic coach/instructor inspect the "away" field for safety at off-site athletic events?            | Yes | No |
| 12. | Have all student/staff review the "Physical Education and Athletics Safety Rules"?                             | Yes | No |

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Inspector

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Date