

Pre-Season Parent/Guardian Checklist

Safe Kids is committed to ensuring a safe sports experience for your child. By partnering with your healthcare provider, school and coach you can plan and prepare for a safe season. Follow the checklist to make sure your child is ready to play!

- Pre-participation Physical – Make sure YOU as the parent/guardian fill out the history section. This is one of the most important ways for the doctor to know if your child is at risk for heart issues.
- Medical Information – Make sure the coach has your child’s medical information (past injury/illness, list of medications/inhaler, etc.).
- Emergency Plan – Ask the coach what the plan is in case of emergency at practice and during the game.
 - Where is the first aid kit?
 - Where is the automated external defibrillator (AED)? This is the device that jumpstarts the heart when it stops. Make sure it is located on the field/sidelines and ready for use (i.e. are the batteries charged?).
 - Does the coach know how to reach you?
 - Is the coach and/or others on the sideline trained in CPR and AED?
- Concussions – Do you know the signs and symptoms of a head injury? Do you know what to do if your child has a head injury? Has your school adopted the Safe Kids Kalamazoo concussion protocol? Visit www.safekidskalamazoo.org for answers to these questions and an overview of the six stages for return to play.
- Heat – Talk with the coach about the plan to prevent heat illness and dehydration. Athletes should start practice/play fully hydrated and drink water every 20 minutes of play.
- Equipment – Ask the coach what protective equipment your child needs.

Visit www.safekidskalamazoo.org for more sports safety tips and information.

