



Coach's Sports Safety Checklist



- Student's Emergency Information
 - Accessible on electronic device, or printed
- Team-issued First Aid/Med Kit
 - Available at practices and games
 - Contact Leah for restocking
- Downloaded app available on phone for evaluating suspected concussion.
 - <https://itunes.apple.com/us/app/concussion-recognition-response/id436009132?mt=8>
 - <https://play.google.com/store/apps/details?id=com.parinc.crr>
- Cooler with Injury Ice and Bags
 - Available in "Laundry Room" at school
 - Designate student(s)
- Charged phone
 - Contacts to include:
 - Athletic Director's Cell: Laura Jaeger, 503-969-5942
 - Athletic Trainer's Email: Leah Padaca, lpadaca@centralcatholichigh.org
- Athletic Injury Reporting Paperwork
 - Coaches Expectations
 - Emergency Action Plan
 - Head Injury Home Care & Education for Parent/Guardian handout
 - Archdiocese Accident Form
 - *Accessible on CC's Coaches Resources webpage*
- Water
 - Coolers available in Laundry/Ice Room
 - Fill up in Training Room or at event site, as available
 - Designate 2 students
 - Instruct players to bring their own bottle
- Equipment
 - Extra uniform in event of blood soiling
 - Student-provided asthma inhalers, Epi-pen, etc
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