

# *RISK MANAGEMENT*

*How to keep out of court*

# *Table of Contents*

• Two Deep	1-5
• Monitoring Athletes	5-7
• Background Screening	8
• Memberships	9
• SafeSport	10-11
• Social Media	12
• Medical Precautions	13-17
• Incident Reports	18
• Equipment & Gym safety	20
• Practice Recordkeeping	21-22
• Parent Meeting	23
• Risk Management Review & Sources	24-26



**Always have  
2 adult coaches**

*2 Deep*

**Never coach alone!!**

**Protect yourself**

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# *2 adult coaches*

## The adults coaches should be

- members
- background screened
- SafeSport certified
- If one of the coaches is ill-
  - get a sub or
  - have a parent that is SafeSport certified---if possible they should a member and background screened

**Never coach alone!!**



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*Never  
coach  
alone!!*

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## Have another Adult

- To protect yourself from claims of verbal, sexual or physical abuse.
- In case of injury to yourself.
- In case of injury to an athlete.
  - Have 1 adult handling the situation.
  - Have the other monitoring the other athletes.

# *Never be ALONE with an athlete*

- Do not drive athlete to and from practice without another adult in the vehicle.
- Never wait alone with an athlete at the beginning or end of practice.

**Have another adult with you to verify that you are behaving yourself in case of accusations.**

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# *Never be ALONE with an athlete*

- Try not to be in a locker room/closed room alone with a athlete.
- Do not take them into a hallway where you can not be seen by the other adult.

**Have another adult with you to verify that you are behaving yourself in case of accusations**


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# *Never Leave the Athletes Alone*

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## **Monitor athletes at all times.**


- Even the best behaved athletes will try tricks or stunts that can cause injuries.
  - Athletes left alone can also bully, harass or even get in fights with other teammates.
  - An athlete might have a medical incident.
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# *Check in and Check out*

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Have a system for knowing if an athlete is coming to practice and also if they have to leave early.

- Athletes have been know to tell parents they are going to practice and instead go somewhere else.
  - They also leave practice early and go to other sometimes forbidden/dangerous situations.
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# *Background Screening*

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**Required for all team and club staff  
who are of 18 years of age or older.**

This included Junior Age Assistant




# *Background Screening*

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**All coaches & guest coaches should be  
USAV background screenings.**

**(5-10 pedophiles are found each year)**

- Most pedophiles will look for opportunities to be with children in a “coach/supervisory” type roll.
  - People on who are ineligible are still taking the USAV Background screening.
  - The USAV background screening is the only screening accepted by USAV. Not all screenings have the same disqualifiers. USAV check is the most through in the industry.
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**Memberships are required of all participants and coaches to keep the facility insurances.**

# *Membership*

- If you have USAV practices with teams from other organizations in the gym-only damage caused by your group are covered.
- Secondary or Primary sports accident insurance is only in effect if all participants are members.



# *SafeSport*

The USOC and USAV have required all coaches, club staff and officials to have SafeSport training

- Age-Specific Materials for Athletes
  - Training Materials for Clubs & Parents
  - Policies on Travel, Social Media, Mobile and Electronic Communications
  - Screening of Staff and Volunteers
  - Reporting Concerns of Abuse
  - Monitoring and Supervision
  - Enforcement of Policies and Penalties
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# *SafeSport Areas of Concern*

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It is recommended that staff, parents and athletes take this training, so they can recognize these situations.

USAV SafeSport materials found at

<https://www.volleyballreftraining.com/SafeSport/index.php>

Bullying  
Harassment  
Hazing  
Sexual  
Physical  
Emotional

USOC hotline

<http://ussa.org/ussa/usoc-safesport>

# *SafeSport For Juniors*

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Below is a link to 8 videos  
designed for junior players. These videos  
feature juniors and are 1-2 minutes each.

(Recommended viewing by the Iowa Region)

- <https://www.volleyballreftraining.com/SafeSport/juniors.php>

## Coach's Social Media

# *Social Media*


- Included parents on all texts, emails or phone calls (conference call) to athletes.
- If an athlete calls keep a record of the call and what was discussed.
- If you use Facebook or other social media keep it clean, alcohol free and appropriate.
- Athletes should not be your social media "friends"





# *Medical Precautions*

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- Medical Histories- athletes and coaches
  - Contact Lists
  - Concussion Training
  - Incident Reports
  - Medical Kits
  - Availability for Ice/ Ice packs
  - At parent meeting warn of inherent dangers.
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# *Medical Release Forms*

## Medical Release for each child and Coach

- Review the Release form and stock any needed items in the med kit. (EpiPen, medications)
- Have the Release at all practices & events.
- Have parents keep the medications list current.
- Consider Athletes that are carpooling carrying a copy  
(Place in a self addressed stamped envelop is a way to protect HIPPA rights, but get immediate care for the participant.)

# *Medical Contact List*

## **A medical contact list includes**

- **Parent email and phone list-**
  - cell, work & home.
- **Alternate Contact**
  - if parents cannot be reached
- **Doctor's contact**
- **Dentist contact**
- **Preferred local hospital**
  - or urgent care facility.
- **Insurance carrier/information**

# *Concussions*

**Concussions CAN happen in volleyball.**

1. Take players out if you think they have a concussion
  - took a ball to face, fell on floor, collided with other player, etc..
2. Players may **NOT** go back onto court until cleared by doctor.
3. No aspirin for a headache
  - it is a blood thinner.
4. View a concussion course. Here is one free course.
  - [www.cdc.gov/headsup/youthsports/training/](http://www.cdc.gov/headsup/youthsports/training/)

**Have a med kit at  
every practice and event.**

## *Medical Kits*

- Ice pack or Ice at practice and events
  - Band-Aids, gauze, athletic tape and pre-wrap
  - Sanitary wipes
  - Plastic bag & gloves for blood and medical waste
  - Antiseptic gel
  - Scissor to cut tape
  - Cotton balls for nose bleeds
  - Special needs items for athletes
-

# *Incident Reports*

Incident reports should be used to record injuries twists, sprains, major cuts and other serious injuries.

- Have forms at all practices and events
- Coach/staff should record injury and make sure all insurance information is recorded.
  - The insurance company will match the incident reports with any claim forms- so parents should not be recording the injury.
- **Send to Region Office in 24-48 hours**
  - **Fax 515-727-1860**
  - **[Carol@iavbreg.org](mailto:Carol@iavbreg.org)**
  - **8170 Hickman Rd Ste 5, Clive, IA 50325**

# *Equipment Safety*

- Always use Pads on poles, referee stand & all other equipment.
  - Hitting platforms must have  $\frac{3}{4}$ " thick foam padding on all sides.
  - Folding chairs should not be used as hitting platforms.
  - Check net cables & poles for sharp places.
  - Make sure antenna are securely fastened.
  - Floor plates should be hidden or secured.
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# *Gym Safety*

- Check the gym for non-playable areas (This may vary daily due to PE courses)
  - Pad post or pillars in playable zone
  - Keep bags, coats, equipment, clipboards & water bottles out of playable areas at practices & events (Bench areas at events should be monitored for water bottles and items on the floor.)
  - Have athletes alert you to water, slick or sticky spots on the court.
  - Have a team word for when a ball is on the court or a situation is unsafe. (ball on/ down)
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# *Practice Plans*


Keep a record of lesson plans in case you are sued due to incorrectly teaching or not teaching a safety component

- Warm-up
  - Skills and progressions
  - Safety concerns for a skill (jumping and landing on 2 feet)
  - Note work with athlete not performing safely and when the skill is performed correctly.
  - Some coaches now video record all practices to keep records.
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# *Video Tape Practices*

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## Video tape practices- get permission to video

- Shows progression and skills taught.
  - Records work with incorrect techniques
  - Records your interaction with athletes.
  - Records athlete interaction that you might have missed for bullying and harassment and other events.
  - Can be used to show athletes and parents participation levels and attitudes that may effect playing time.
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# *Parent Meeting*

Included your Risk management policies at your parent meeting and have them in your club handbook.

- Communication policies
  - Supervision policies
  - Medical plans and forms
  - Medication updates and doctor clearances
  - SafeSport materials and training.
  - How and to whom to give information on all of the above.
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# *Review these Areas Often*

## **Use the USAV IMPACT Coach's Manual to review these areas.**

- Inherent risk of volleyball.
  - Membership waivers & releases and Codes of Ethics.
  - Enforce Mandatory background screenings & SafeSport for staff
  - Supervision Plan
  - Medical Plan
  - On going education and clinics
  - Periodic safety audits
  - Understand USAV Liabilities and Sports Accident
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# *Find Risk Management Information*

- Find Risk Management information in the IMPACT manual Chapters 1 & 2.

<http://www.teamusa.org/USA-Volleyball/Education/Coaching-Education-Programs/Resources/IMPACT-Student-Resources>

- Additional information links are located at the end of each chapter.

## **NOTE:**

**A yearly review of these sections of the IMPACT manual is very helpful. This presentation only covers the highlights of risk management.**

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*Thank You for Viewing  
this Presentation*

