

Hudson Youth Football & Cheerleading

Safety Protocols 2023

The safety of children is paramount for Hudson Youth Football & Cheerleading. It's crucial that the entire staff of volunteers, from the board of directors to the coaches and others involved, recognize their individual roles in keeping our children safe. The following documentation has been captured and shared to ensure our collective body of volunteers, staff, and parents are aware and armed with universal safety guidance followed by national youth sports organizations across the country.

For any questions or concerns, please reach out to the Hudson Youth Football & Cheerleading Director of Safety: Jason Olbrycht (safetydirector@hudsonyouthfootball.com)

Please find the following sections detailed below:

- SECTION 1: Coaching Certifications
- SECTION 2: Severe Weather Policies
- SECTION 3: Heat Index Policies
- SECTION 4: Hospital Route Planning

SECTION 1: Coaching Certifications

All HYFC coaches must complete mandatory safety trainings (on-line & in-person) as well as submit mandatory forms. The trainings and forms include the following:

Training Required By	Who needs to take the course	Training Title	Training Provider	Where to obtain the training	Cost & Discount Code (if applicable)	Additional Instructions
AYF	NEW Coaches Only	Head Coach & All Assistant Coaches MUST be Human Kinetics/Coaching Youth Football the AYF Way Certified.	Human Kinetics	www.ayfcoaching.com	HYFC will reimburse you. \$24.95 (Use discount code 6578 at checkout)	Print certificate for team book
AYF	RETURNING Coaches Only	AYF/AYC Recertification Course: Safety and Health, refresher course	Human Kinetics	www.ayfcoaching.com	HYFC will reimburse you. \$15.95	Print certificate for team book

AYF	One Coach minimum per team	First Aid and CPR	TBD	Jason Olbrycht, the HYFC Safety Director will coordinate a training session prior to the 2023 season.	HYFC will pay for the course	<p>- Please work with head coach/Jason Olbrycht the HYFC Safety Director to coordinate the need for your team.</p> <p>- Make a copy of the certification card for team book.</p>
CMYFCC	All Coaches	NFHS Football Tackling	NFHS	https://nfhslearn.com/courses/football-tackling	FREE	Print certificate for team book
CMYFCC	ALL Coaches	NAYS Concussion Training	NAYS	www.nays.org/concussion-training - For the Nays Concussion Training	FREE	Print certificate for team book
CMYFCC	ALL Coaches	NAYS Bullying	NAYS	www.nays.org/bullying-prevention-training - For the NAYS Bullying	FREE	Print certificate for team book

The following are mandatory forms required from ALL coaches:

- Adult Image Form
- Adult Waiver of Liability
- Coaches Conduct Form
- CORI Form (background check)

SECTION 2: Severe Weather Policies

Weather conditions are the responsibility of the HYFC Safety Director, board of directors, coaches, and game officials. All parties should be aware of the potential dangers posed by different weather conditions and work together to keep the players and other participants as safe as possible. If the weather conditions warrant, game officials and coaches should discuss before the game starts what the procedures will be to insure the safety of the players. Coaches and officials should be empowered to make game-day decisions using the guidance detailed here. The HYFC Safety Director and supporting board members should also monitor weather conditions. All parties should monitor weather warnings and watches issued by the National Weather Service and use the following phone applications as tools to guide game-time decision making:

- My Lightning Tracker & Alerts (Lightning & Severe Weather): <https://apps.apple.com/us/app/my-lightning-tracker-alerts/id1175031987>
- WeatherFX (Heat Index): <https://apps.apple.com/us/app/weatherfx/id539498084>

The coaches, HYFC Safety Director and supporting board members are responsible for keeping informed of the weather conditions leading up to the game and at the game site. The coaches are also responsible for communications with the opposing coach and their own team in the event of inclement weather. Discussions between the coaches must provide for common sense to prevail.

In the event of sudden weather changes, the HYFC Safety Director & supporting board members will send warnings to officials and coaches directing them on shelter and evacuation plans.

Severe Weather

Storms can produce high winds, heavy rain, hail, lightning, thunder and/or tornados. If a severe storm approaches the playing area, the safety of the players is the number one priority of coaches, officials, and the entire HYFC staff. It may require that the game/practice be suspended while shelter is sought. In the event the game is suspended, ALL participants MUST clear the field immediately and move into their cars or other permanent shelter.

Thunder and Lightning

Lightning is the second leading cause of storm-related deaths. Lightning can strike up to 10 miles outside of a thunderstorm - literally a bolt out of the blue. The danger from lightning can persist for 20-30 minutes after a thunderstorm has passed. The National Weather Service does not issue watches or warnings for lightning by itself. However, the National Weather Service does advise that if you see a lightning bolt and hear the thunder in 30 seconds or less, you seek shelter and wait 30 minutes before resuming outdoor activity. If a person can hear thunder or see lightning, the danger already is present. A clear, sunny sky overhead with storm clouds nearby can still be dangerous.

Coaches, Officials, and the HYFC Board should adhere to the following:

- If lightning is within five miles, with or without hearing thunder, the game or practice should be suspended and shelter sought. The My Lightning Tracker & Alerts phone application listed above should be utilized by coaches and the HYFC Safety Director and supporting board members. In the absence of technology, a rough guideline is to measure the time between the lightning flash and hearing the corresponding thunder. If it is 30 seconds or less, seek shelter. It may not be possible to determine which lightning strike generated which roll of thunder. A simple rule: **If you can see it or hear it, clear it!**
- HYFC recommends that participants seek immediate shelter in their automobiles or a designated severe weather shelter, if there is one nearby. Smaller, open structures, tents, trees, isolated areas, etc, should be avoided. Avoid contact with metal or other conducting materials to the outside surfaces. Do not stay in open, unprotected areas.
- Games should not be restarted for at least 30 minutes after the last lightning strike is seen or roll of thunder is heard.

SECTION 3: Heat Index Policies

Heat is a problem when it prevents the body from cooling itself. The hotter the body gets, the more likely it is to increase fatigue levels, develop cramps, and increase the possibility of heat exhaustion and heat stroke. The hotter and more humid the weather, the faster these problems can develop. Even temperatures as low as 65 degrees, with a relative humidity of 100%, can be serious.

In the event of severe heat, the HYFC Safety Director & supporting board members will send warnings to officials and coaches directing them on the correct actions.

Heat Index Guidelines all coaches, officials, and HYFC staff should use:

Heat Index	Recommendations
Up to 84°	Normal Play
85° - 89°	Mandatory two-minute water breaks per half with running time.
90° - 99°	Mandatory two-minute water breaks per half with running time. Each half shortened by five minutes.
100° - 104°	Mandatory two-minute water breaks per half with running time. Each half shortened by ten minutes.
105°+	Suspend Play

The HYFC Safety Director and all coaches should download and use the WeatherFX phone application listed above on gameday/practices and during the game/practice. General guidance is as follows:

- GREEN = Play as intended

- ORANGE = Play with hesitation/shorten games/practice, monitor the app, increase water breaks, take shade breaks
- RED = Suspend/cancel the game/practice

SECTION 4: Hospital Route Planning

In the event of a player/fan injury or emergency the following Hospital information should be referenced for transport.

For anything severe or life threatening, call 911.

Patriot Ambulance is contracted by the Hudson Fire Department: <https://www.patriotambulance.com/>

The closest hospitals to Hudson MA are the following:

UMass Memorial Hospital: <https://goo.gl/maps/zcrJdqFJw7rbGzgP6>

Emerson Hospital: <https://goo.gl/maps/3b1PaqrwLEBqsMoPA>