



Thompson Okanagan Football Club

Player Safety

Thompson Okanagan FC subscribes to the guidelines outlined in BC Soccer's YouthSafe Program

https://www.bcsoccer.net/files/MemberService/RiskManagement/Youthsafe_June2011.pdf

- **Insurance** – As part of your registration and fees, Thompson Okanagan FC players are covered under BC Soccer Insurance Coverage for liability and sports accident issues. Information and claim forms are available at this BC Soccer link:
<https://bcsoccer.net/insurance>

Thompson Okanagan FC Risk Management Officer is the General Manager

- **First Aid / Medical Issues** - Medical information and Emergency Contact information is collected from each registered player and is supplied to the team manager for their game day binder. This information is to be on site at all training sessions, and all Home and Away matches. It should also be readily available on charter busses and in team hotels.

Players with pre-existing medical conditions (eg. Asthma, Diabetes, etc) will sit with the General Manager, team manager, coach and parents upon joining the club to educate about on the particulars of the player's condition and to devise a plan of action in the event of emergency while at games, on the team bus, in a hotel or at a restaurant.

Thompson Okanagan FC
PO Box 22058
Capri Centre PO
Kelowna, BC V1Y 9N9

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Functional First Aid kits will be carried by all TOFC teams at matches and at training sessions. TOFC will provide an allowance toward first aid supplies each season. Suggested First Aid supplies to be carried are: Emergency phone numbers for poison control, etc., sterile guaze, adhesive tape, various sizes and types of adhesive bandages, Scissors, tweezers, safety pins, towels, sterile wipes, sterile eye wash, ice bags, disposable gloves, emergency blankets, barrier device for breathing, splint, tensor bandages, First Aid Manual, cell phone.

TOFC, per BCSPL requirements, endeavors to have a trained First Aid attendant at the main complex for each Home game weekend. The location of the attendant is communicated to all Home and Away team managers in case of emergency

- **Lightening and Severe Weather** – The safety of our players, parents, and staff is the main concern with regard to severe weather instances. TOFC abides by the Canadian Soccer Association which can be found at this link:
https://www.bcsoccer.net/files/Referee/Documents/CSA_Lightning_Safety.pdf
- **Heat Guide-**
https://www.bcsoccer.net/media/3ylet34e/bc_soccer_extreme_heat_guidelines.pdf
- **Air Quality Guide-**
<https://www.bcsoccer.net/media/f55onmgp/air-quality-guideline-bc-soccer-updated.pdf>

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- **Injury Prevention** – TOFC promotes safe play in games and in training;
 - all players must wear shin pads in all training sessions and matches
 - all players must remove jewelry prior to training and games
 - players must wear footwear appropriate for the field type, field conditions and weather conditions
 - coaches must ensure team equipment is in safe condition and good working order
 - players must not hang from goalposts or netting under any circumstances
 - coaches must survey training fields and mark hazards, or clear dangerous debris prior to training
 - obstacles that are dangerous such as benches, must be cleared away before training commences in gymnasiums
 - coaches must ensure playing surface conditions and weather conditions are safe before commencing play

 - players should not be permitted to play if injured, unless given medical professional clearance prior to the game or training session. Players should not be permitted to participate if dehydrated, are suspected to have been concussed, or are suffering from any medical condition that would put them at risk

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-parent drop off and pick up times must be strictly adhered to

-coaches and managers must ensure no player is left behind after training, games, team functions, or bus drop offs

-coaches/managers should not be left alone with a player waiting for a parent. Another adult should be asked to wait with you

- **Concussion Awareness and Education** – TOFC Head Coaches and Assistant Coaches along with field staff must educate themselves on concussion awareness via the Educational Tools at <http://ppc.cattonline.com/>

Players and parents are encouraged to educate themselves on this important topic as well

Any player suspected of suffering a concussion in training or game play will be removed from the activity and medical attention will be sought

Players will not be permitted to train or play matches until they have received medical clearance from a medical professional or concussion specialist

Concussion Resources

SCAT5 Concussion Test: <https://www.sportphysio.ca/wp-content/uploads/SCAT-5.pdf>

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Further Return to Play Guidelines <http://tofc.ca/wp/wp-content/uploads/2019/07/Thompson-Okanagan-FC-Return-to-Play-Policy.pdf>

VGH/UBC Concussion Care Information: vghfoundation.ca/brain-concussion-care

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