



TYSA HEALTH AND SAFETY

Injury Prevention

Injury prevention is central to safe play. Not all injuries can be avoided, but the severity and probability of injury can be reduced through proper conditioning, training routines and good sportsmanship, making the game of soccer safer for all who participate.

Soccer injuries typically fall into two categories:

- Those caused by use, such as muscle strains and joint pain
- Those resulting from a sudden forceful event, such as ankle sprains, knee injuries, and concussions.

TYSA is committed to providing Athletic Trainers to all of our hosted tournaments. TYSA has partnered with Emory Soccer Medicine Program to provide Athletic Trainers one night a week during the season.

More information regarding Injury Prevention:

[US Soccer Recognize to Recover](#)

[Emory Soccer Medicine Program](#)

FIFA 11+ (provide link to manual and poster we can put on server)

Inclement Weather Policy

While our goal is to play through any weather condition, player safety is paramount whenever TYSA must make a weather related decision. Weather conditions that could jeopardize safety may include severe weather warnings for extreme heat or extreme cold weather, heavy rain or wind that could make transportation hazardous, or could make the playing surface dangerous.

Cancellation decisions will be made as soon as possible. However, we know that Atlanta weather is often unpredictable, so we will attempt to notify our members by 4PM during the week nights, and 7 am on weekends.

TYSA uses an automated notification system through our website, powered by Sports Connect. Any active participants with a registered phone number and email address will be notified via text message and email.

Extreme Heat Policy

Practices and matches should be avoided during the hottest part of the day. In general, practices/matches will be cancelled or delayed for temperatures over 92F. For temperatures over 90F, practice time will be limited to 1 hour with four required breaks. And for temperatures over 85F, there is a minimum 10 min break every 30 minutes (breaks can occur more often).

Coaches and Parents should make sure all players stay well hydrated and should be on the lookout for players who show signs of heat exhaustion. Signs may include confused and disoriented, fatigued, nauseous, or no longer sweating.

Parents are responsible for making sure their player show up to practice and matches with adequate hydration as well as with sunscreen.

Extreme Cold Policy

In general, practices and matches will be cancelled or postpone for temperatures less than 20F, and or wind chill factor (WCF) of less than 15F.

Coaches, players and parents should be able to recognize the warning signs for frostbite and/or hypothermia.

Frostbite Signs & Symptoms

Swelling/Edema
Redness or mottled gray skin
Tingling/Burning
Blisters
Numbness, loss of feeling

Hypothermia Signs & Symptoms

Vigorously shivering, or suddenly not shivering
Increased blood pressure
Lethargy, sleepiness
Impaired mental function
Slurred speech

Parents are responsible for making sure their player show up to practice or the match adequately dressed. Their coach may send them home if they feel the player in not adequately protected from the elements.

Wind Policy

Regardless of temperatures, practices and matches may be cancelled or postponed for sustained winds over 20mph.

Lightening Policy

All fields will be cleared if they are within a 10-mile radius of lightening. Players, Coaches and Spectators will be asked to seek immediate shelter. Play can resume if there has been 30 minutes without lightning strike within the 10-mile from their location.