

Player Health and Safety during Tournament Play

Slide 1 -- Opening Slide

Leave on screen while students enter the room

Slide 2 – Objectives

Planning ahead can make the weekend more enjoyable. This covers everything from pre planning for all the expenses involved in tournament preparation to knowing what non-game activities are the best during a tournament weekend

Slide 3: Mission Statement

Our mission statement is based in our philosophies. We should not lose site of our mission and our philosophies when we are away from home or participating in non-AYSO tournaments

Slide 4 – Philosophies

Briefly discuss the six philosophies and how each philosophy relates to tournament. Philosophies aren't just for Saturday anymore!

Slide 5 – Vision Statement

Tournaments contribute greatly to the enrichment of our players. For some players this may be the only opportunity to travel outside the confines of their own neighborhood. Whether a tournament is down the street or across the country, our players gain a great deal by participating in tournaments.

Slide 6 – Customer Service

Who-players, spectators, coach, other coaches, referees, tournament officials

What is your role? What is your role in the tournament? As the coach, you are the core of quality customer service to the team. You are the Region representative to the tournament. How you respond to requests from the tournament is a form of customer service. The information you provide to the families traveling to the tournament is a form of customer service. Essentially, everything you do and the attitude you display is a form of customer service. Every volunteer regardless of role, in AYSO, has a customer and some have many different types of customers.

When-The when is answered somewhat with the “**who and what.**” The correct answer is ALWAYS! Timely information, follow through and follow up are all part of the **when** of customer service. Before the event make sure proper and timely information is given out. During the event be sure to have an effective communication system in place so everyone know where they need to be and when. After the event, follow up with any awards or after event items that need to be distributed to players. Send thank you notes to those that helped you make it a successful and positive experience for everyone.

Where-great customer service should be displayed everywhere. Just like manners, good customer service starts at home. In this case the home Region when preparing to attend an event. At the event, making sure everyone knows where they need to be and when they need to be there.

Slide 6 (cont)

Why- We are always AYSO Ambassadors for our program!

Slide 7 – AYSO Ambassadors

Customer service is not ever saying “I don’t know, I’m just the XXXXX”...its finding a way to say, “I’ll find out for you,” or “the best way to get that information is to visit the website” or simply to direct them to the right people or resources within your program

Two of our philosophies should permeate the entire event, Positive Coaching and Good Sportsmanship. When the focus is on this, everyone wins. This means self-policing when we see our colleagues under-deliver on AYSO principles

Don’t underestimate the power of the parents meeting, where you can get everyone off on the right foot and answer questions. Regular and consistent communications with your players and parents is at the core of being a great customer service provider and enhancing the experience for everyone.

Slide 8 – Pre Tournament Preparations

Tournaments can be expensive. Prepare a budget for both the team and the individual player.

Team expenses can include registration fees, team get together ,team meetings, referee costs. Player expenses can include: player equipment, uniforms, hotel charges, gas/transportation charges, meals, sightseeing, souvenirs and water, energy drinks and snacks.

There will likely be a medical trainer or medical team at the tournament you should keep a small first aid kit for minor problems. Bandages, tape, gauze, band aids, blister bandages, antiseptic, locking plastic bags for ice (or ice packs) and sunscreen to name a few. Also, having an emergency tooth saving kit in your bag can mean a great big smile from your player some day!

Nutrition does not start the morning of the first game. They must be eating well balanced and carbohydrate rich meals throughout the week.

Hydration does not start the day of the tournament either. If a player becomes dehydrated during the first game of the tournament then it is highly likely their play will be reduced for the remainder of the tournament, if they are even able to play after becoming dehydrated.

Weather: Will you be playing in excessive heat? Will it be very cold or rainy? Perhaps consider bringing an extra uniform. For hot weather have frozen wet washcloths or frozen gel packs in the cooler so overheated players can place them on their neck to cool down. A squirt bottle filled with water is great to have too. Make sure to remind parents to bring waterproof sunscreen for their players. For cold

weather remind parents to make sure their child has a long-sleeved shirt, sweatshirt, gloves, sock liners and tights. They should bring a blanket for both the parent and the player. Remind parents to have these same things for themselves.

Slide 9 – Pre Tournament Preparations

Provide a list to your families of what they should bring for a tournament weekend. If you have been to the tournament before and know they will have souvenirs for purchase, let them know. Check with the host to see if there is seating or if they will need to bring their own chairs. Try to help make it a positive experience for everyone by minimizing surprises.

Sun screen and lip balm are important items that contribute to keeping hydrated.

Slide 10 – Pre Tournament Preparations

Try to have maps for your families. That will help ensure everyone can be on time for games. See if the tournament has a pin exchange. Make sure your players can participate and aren't disappointed. Do your players have two colors? If not make sure to have pinnies of a different color in case you have to change colors

Slide 11 – Player Nutrition

When you play your heart sends more blood to your heart than to your muscles which means blood is diverted from your digestive system. Whatever the player ate will just sit in their stomach.

For morning games the player should eat a good dinner and a bedtime snack the night before

High fat items stay around in your stomach for 3 to 4 hours. No pizza for lunch

Slide 12 – Player Nutrition

Eat meals that are reasonably high in carbohydrates and low in fat. Avoid high fat sauces on pasta and fast food. Fatty foods delay digestion. Use caution with foods that have high sugar, such as soda and candy. High sugar foods may result in a drop in blood sugar following consumption in athletes.

Slide 13 – Player Nutrition

Most fast food restaurants these days have healthy options on their menus. Look for lower fat offerings, salads, baked potatoes, chicken burritos and chicken sandwiches to name a few.

Slide 14 – Player Nutrition

You don't wake up on the morning of game day and expect to perform at peak performance if you haven't trained and practiced. The same is true with nutrition. What you have to eat several days before game day has an impact on how your body works.

Slide 15-17 – Hydration

Hydration is for everyone! It is important to hydrate the day before. Proper hydration is as important as any safety equipment. Referees should use sunscreen and lip balm to help them with staying hydrated.

Slide 18 – Hydration

Symptoms of dehydration include

- Dry lips and tongue
- Sunken eyes
- Dizziness or a loss of energy

Acting early will aid in avoiding more serious heat related conditions.

Slide 18 – Hydration

Pass out the handout

Slide 19- Playtime Guidelines

Stress the intent is not to exceed two times the amount of time of a primary season game

U-10 = 100 minutes U-12 = 120 minutes U-14 = 140 minutes

U-16 = 160 minutes U-19 = 180 minutes

Slide 20 – Safety

The more training the volunteers that are accompanying the players have, the better off everyone is. Make sure it is a great experience for everyone by knowing what to do.

Slide 21-23 – Concussion awareness

Review the new concussion awareness policy passed by the NBOD in March 2012. Point out that because a state they are from does not require concussion training they may be playing in a state that does require it.

Slide 23 – Recovery and Regeneration

This is crucial to the players' performance. Nutrition and rest will help the player recover to play the next day. Active rest is important to keep the blood flowing and providing nutrients to the muscles. Pumping the blood and active movements contribute greatly to regeneration.

Slide 24 – Severe Weather

Education, training and effective communication are the most important means to achieving safety for all participants. Know the AYSO severe weather policies. National Policy statement 2.10 and the tournament handbook detail these policies.

Hot Weather use sunscreen and have plenty of shade available.

Cold Weather – be aware of the dangers associated with cold weather. Field conditions become unsafe with freezing rain, hail, snow, sleet and heavy rain.

Tornado/Hurricane warnings and watches – When events and activities are calendared during tornado or hurricane seasons, it is important that all participants are well informed and have a plan of action for their occurrence.

Thunder and Lightning Storms-A pre event meeting to assure that guidelines, safety procedures, duties and responsibilities are reviewed and clearly understood.

A solid communication plan should be incorporated to ensure that all volunteers and participants are able to safely and orderly execute emergency procedures.

Slide 25 – Non-Tournament Activities

Stress fun and rest. Remind them that nutrition, hydration and regeneration are all extremely important

Slide 26-27

Discuss briefly the resources available to help

Slide 28 – Open Discussion / Questions

Take as many questions as remaining time allows for

Slide 29 – Thank you

Reinforce that we are all AYSO ambassadors, no matter what our role. Customer Service should be at the center of all we do. Be sure to say thank you and make sure everyone has signed the roster!