Injury Prevention Checklist

INJURY PREVENTION & PLAYER CARE

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CHECK | SUPPORT | PROTECT

1 BEFORE TRAINING / MATCH

- [ ] Playing area checked for obvious hazards
- [ ] Goals and equipment are secure and appropriate
- [ ] Players have suitable footwear and shin guards
- [ ] Water is available
- [ ] Coach knows about relevant injuries / restrictions

2 WARM-UP

- [ ] Progressive warm-up completed
- [ ] Movement preparation included
- [ ] Ball work introduced gradually
- [ ] Intensity increases progressively
- [ ] Warm-up suits age and conditions

3 DURING ACTIVITY

- [ ] Workload matches age and conditions
- [ ] Players can access drinks
- [ ] Technique is coached safely
- [ ] Pain and concerning symptoms are not ignored
- [ ] Contact practices are appropriately managed

4 AFTER ACTIVITY

- [ ] Players cool down gradually
- [ ] Any injuries are recorded and communicated
- [ ] Parents / guardians receive relevant information
- [ ] Return-to-play decisions are not rushed
- [ ] Next session considers today's demands

5 COACH NOTES / ACTIONS

REMEMBER: No checklist can prevent every injury. Good preparation, appropriate load, safe environments and prompt reporting reduce avoidable risk.

General risk-reduction guidance only. No checklist can prevent all injuries. Clubs should follow governing-body, safeguarding and emergency procedures and obtain qualified medical advice for suspected injury or illness.