

# Sports Team Safety Guidelines

Date: \_\_\_\_\_

To: All Team Members and Parents

From: [Coach's Name]

Subject: Safety Guidelines for the Upcoming Season

Dear Team Members and Parents,

As we prepare for the upcoming sports season, it is essential to prioritize the safety and well-being of all athletes. Please review the following safety guidelines that we will be implementing:

## 1. Pre-Season Health Checks

All athletes must undergo a health check before participating in any practices or games. This includes a physical examination and health questionnaire.

## 2. Proper Equipment Usage

All players are required to wear the appropriate safety gear during practices and games. This includes helmets, pads, and any other necessary equipment.

## 3. Hydration and Nutrition

Players should maintain proper hydration and follow a balanced diet to support their performance and recovery.

## 4. Emergency Procedures

In case of an injury or emergency, please familiarize yourself with our emergency action plan, which includes contacting emergency services and informing parents.

## 5. Training and Conditioning

Regular training and conditioning are vital to prevent injuries. All players are encouraged to adhere to the approved training schedule.

We take these guidelines seriously to ensure everyone's safety and success this season. If you have any questions or concerns, please feel free to reach out.

Thank you for your cooperation.

Sincerely,

[Coach's Name]

[Team Name]