

To: Peter Xiques, John Waddell, Rob Eacott, Gerald Palau

From: Skiff Wager, Region 390 Risk Management/Safety Director

Subject: REGION 390 SAFETY PRINCIPLES

Date: October 12, 2010

The following information is an updated set of Regional Safety Guidelines that I am recommending to the Region 390 Board members. These guidelines are meant to be applicable to coaches and referees as use to support the effort of a safe environment for players during seasonal practices and games.

The AYSO National organization has published a set of Safety Guidelines to be supported by all Regions at a minimum. The purpose of this notification is to solidify the specific details of these guidelines as a standard for Region 390 Safety Principles for the remaining of this season and forward. These guidelines are meant to be utilized in communication to all coaches, referees and parents in our supportive literature and postings within our Region.

Recommended Region 390 Safety Guidelines on Player Equipment:

- 1) Region 390 shall make arrangements to supply each player with a shirt with the current AYSO logo properly affixed thereto and, if possible, a pair of socks, and shorts.
- 2) Each player is expected to provide his/her own appropriate footwear and shin guards. No player may participate in a game without a shirt, socks and shorts, appropriate footwear and shin guards.
- 3) Players may not wear jewelry of any kind, this includes:
 1. Chains.
 2. Watches or Wristbands (Friendship, rubber sport, braided and other similar bracelets are not allowed and must be removed). Taping of these items is not permitted.
 3. Body jewelry (nose, naval, earrings, rings or any other jewelry).
 4. Hair ornamentation, any type of beads or any other hard material(s).
 5. Bandanas or any other head placed ornamentation, excluding soft protective gear.

or anything else that may, in the opinion of the referee, create an increased risk of injury to himself or herself or to any players during the game.

- 4) Religious medallions are acceptable but must be securely covered or taped to prevent any exposure/movement during play. A referee can inform the player and coach that they be secured and/or taped.
- 5) Medical information bracelets should not be removed, but can be covered with a soft wrist band or temporarily taped to fit more snugly, ensuring that the information is visible and easily recognizable in case of emergency.

- 6) Prescription eyeglasses may be worn, but must remain firmly on the wearer's head. Metal glasses can be a hazard to players, plastic glasses are preferred, however is left to the discretion of the referee. A restraining strap may be worn. Non-prescription eyeglasses and sunglasses are not to be worn by a player during a game.
- 7) Hard casts (including padded casts), splints, helmets and hard padding are not permitted to be worn by a player during any game or practice.
- 8) The use of knee braces by players is acceptable provided that, in the judgment of the referee, the brace is adequately covered and padded so as to eliminate the possibility of its causing injury to the other players on the field of play.
- 9) Goalkeepers may wear a soft brimmed hat or cap. Baseball-style caps with hard brims are not allowed. The hat or cap should be a neutral color free of inappropriate design, logo or meaning. The hat or cap must be approved by the referee.
- 10) Safety Guidelines will be posted at the entrance of each field as an "AYSO Safe Zone". This will be a continual reminder of the current Safety Principles for our Region for all players, parents and coaches.

I believe these guidelines are in the best interest of all players and supportive personnel. It should be the goal of our region to be as safe as possible without hindering the players, coaches or referees from a fun environment all the while not causing undue stress and/or unenforceable guidelines or policies. Overall I believe we have a mix of Policies and Guidelines as some of these are subject to a referee's judgment. Guidelines are soft, suggested elements of enforcement to support an effort while Policies are hard and strictly enforceable.

Thank You.