

Playing **SMART SOCCER**



A Safety Program of the
Think**First** Foundation of Canada,
in conjunction with the
Canadian Soccer Association.



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SMART SOCCER

Smart Soccer is an injury prevention program developed to promote safe soccer for soccer players ages 6–14. This program, which is in the format of an education booklet, has been written for the use of parents, coaches, teachers, and officials. Although this booklet has been designed for players from 6-14 years old, most of the information contained in the booklet is applicable to soccer players of all ages and skill sets. This education booklet is provided in both the English and French languages. With the help of the Smart Soccer Committee and sponsoring organizations, such as the ThinkFirst Foundation of Canada and the Canadian Soccer Association, this information guide has been created to enhance knowledge about the importance of injury prevention in soccer. To learn more about ThinkFirst and how to order additional copies of this program, please refer to section on “Organizations that Developed this Program”.



photo by Wilf Ratzburg

Injury Prevention Strategies in Soccer

Soccer is the most popular sport in the world. It is a sport with many levels, played by those of all ages and both genders. Injuries do happen in the sport of soccer, and so creating a fun and safe playing environment is key! There are many steps that players, parents, coaches, referees and health personnel can take to help reduce the risk of injury in soccer.

Player Behaviour

- Foul play is harmful and can cause injury. Never participate in unfair play, and discourage foul play among teammates.
- Where the rules of sportsmanlike behaviour and fair play are overlooked, the chances of injury increase.
- Know the rules of the game and play by them. Respect your teammates, opposing players, as well as match officials.

Equipment: On The Player

Wearing equipment that is properly fitted is an important component of soccer safety.

Shin Guards

- Shin guards help with shock absorption from the ball, the ground, the goal post, and blows to the shin.
- Shin guards should be fitted to the shape, size and length of the shin. Seek professional assistance from a qualified equipment fitter at any soccer store to properly fit shin guards.
- Shin guards should be worn during both practice and games.

Padding

- Padded uniforms, especially for goalies, are important, as they help to protect the shoulders, elbows, and hips.



Soccer Footwear

- Selecting shoes that fit properly is essential for avoiding foot discomfort and injury. Having the proper shoe shape and size helps to achieve a good fit.
- Seek professional assistance from a qualified equipment fitter at any soccer store for correct fitting of footwear.
- Soccer footwear should provide the proper support to the foot, while, at the same time, allow free motion.
- Different footwear is required for indoor and outdoor soccer games. Seek professional assistance from a qualified equipment fitter at any soccer store for advice on shoe selection.

Mouth Guards

- Mouth guard use could reduce the risk of injuries to the teeth and mouth.
- Mouth guards may be used to protect players who are having dental work done.
- Mouth guards may reduce the risk of concussion from blows to the jaw, although this has not been scientifically proven.

Headgear

- Several types of soccer headgear have been developed. Recently published studies have shown that different types of headgear can reduce forces from head to head contact (the most common type of contact resulting in concussion in soccer). Currently, there is no national standard in Canada for soccer headgear.
- Hats/caps with peaks should not be worn while playing, as the peaks may impede vision, as well as pose a danger to other players.

Other Equipment

- Questions have arisen regarding wearing non-compulsory equipment on the field such as headgear, facemasks, knee arm protectors and sports spectacles.
- According to FIFA's position statement on non-compulsory equipment, modern protective equipment such as headgear, facemasks, knee and arm protectors made of soft, lightweight, padded material are not considered dangerous and are therefore permitted.
- To review FIFA's position on non-compulsory equipment, please refer to **Appendix A**.



Equipment: On The Field

Soccer Balls

- The larger the ball, the greater the peak impact force. Balls should be the appropriate size for the specific age groups who are playing.

AGE SPECIFICATION	SUGGESTED BALL SIZE
Young athletes up to 10 years	3
10-13 years	4
13 years and older	5

*** Note: Age specifications may vary from Province to Province**

- Use of the appropriate ball is essential, especially when it comes to learning how to head the ball. Use of a smaller ball may help to protect the athlete from impact with a heavier/larger object, as well as allowing for greater control of the ball for the player who is still developing physically and learning the technique.
- Soccer balls should be properly inflated. The pressure of the ball may change because of use or changes in temperature and weather conditions. The less the pressure and weight of the ball, the less the force of impact. Make note of the recommended inflation pressure on the ball.
- Use balls that are water resistant. When the water resistant qualities of the ball are lost, replace the ball. A soggy ball will produce greater force on impact with the head.

Portable & Permanent Goal Posts

- Portable goal posts should be made of light-weight materials.
- After use, portable goal posts should be taken apart, removed or secured to a permanent structure.
- Both portable and permanent goal posts need to be anchored to the playing area in a secure and approved fashion. Goal posts can fall forward unexpectedly onto those on the field.
- Players and spectators should not hang from or swing on the posts, as this may increase the risk of the posts falling over and causing injury.
- Padding the upright parts of the goal posts has been shown to reduce injuries due to goal post contact, but can alter the size of the goal. The use of padded goal posts therefore remains controversial.

Corner Flags

- Corner flags are used to mark the dimensions of the pitch.
- The poles of the corner flags are flexible, and the tops are rounded, to help prevent injury.
- Corner flags are to be no shorter than 5 feet.
- Using pylons or other forms of corner flags is not recommended, as these types of equipment can put the players at risk of injury.

Get Prepared & Stay Fit

- Always warm-up before practice and games. A good warm-up is important in reducing the risk of injury. For example, a warm-up could consist of progressing from a walk around the field to a light run over 5 minutes. This is generally followed by short sprints and changes of direction, with and without the ball, done intermittently (i.e. with a short rest period in between). Cooling down after practice and games is also helpful; this may include stretching, although its value in preventing injury is not proven.
- For older and more elite players, participating in a training program that focuses on cardiovascular conditioning, strength training, and flexibility is helpful. Gradually increasing the intensity and duration of pre-season training helps players prepare for the season.

Learn & Follow Proper Technique

- Proper technique is essential in all sports.

Heading

- When heading the ball, it is important to follow the proper technique.
- The age at which heading should be introduced is somewhat controversial; usually not until ages 10-12. In addition to age, skills, level of play, and size may be important considerations. A qualified coach is the best person to judge when to introduce this skill, and to teach proper technique, which is critical in reducing injury risk.

Eat & Drink Right!

- The diet of soccer players should compensate for the amount of energy that they are going to use while on the field.
- Players should follow a well-balanced diet, consisting of carbohydrates, fat, protein, vitamins and minerals. See the Canada Food Guide for further information.
- Be sure to provide the player with enough fuel to participate, and emphasize the importance of drinking fluids.
- Thirst is not a good indicator of when a player should drink but is a good indicator of dehydration. Depending on how much a player sweats and drinks, a fluid deficit can occur over the span of a game. Drinking water and fluids with electrolytes (e.g. Sports drinks) can help reduce the risk of dehydration.
- It's recommended that meals be taken 3-4 hours before training and games. Immediately post activity, nutrient replacement should begin.



Check the Playing Area

- Make sure that the playing fields are regularly maintained and that they are free of hazardous objects.
- Poorly constructed and maintained fields increase the risk of injury. Injuries such as muscle strains or ligament sprains, can occur when playing on uneven, poorly maintained surfaces.
- Coaches should check the field pre-game.
- Spectators and equipment should be kept well away from the sidelines.

Check the Weather

- Be aware of the playing conditions...always check the weather!
- When playing in cool conditions, muscle performance may be less than optimal. Warming up in cool climates is important and helps to reduce the risk of injury. In cool/cold weather, have warm clothing to wear while on the sidelines. A layer under the uniform which wicks perspiration away from the body helps keep players warm on very cool days.
- In warm conditions, players can experience problems related to overheating. Warm-ups should be shortened in a hot environment, and players should not become over heated before a game. As mentioned in the section on "Eat and Drink Right!" depending on how much a player sweats and drinks, a fluid deficit can occur over the span of a game. Drinking water and fluids with electrolytes (e.g. Sports drinks) can help reduce the risk of dehydration. Be sure to use sunscreen to protect the skin. Sunscreen (SPF 30+) should be worn during peak sun hours even if cloudy or overcast. It is important to provide a shaded area, especially during games or practices, particularly between 10 am and 4 pm and in tournaments. While hats should not be worn on the field, they should be encouraged for sun protection while on the sidelines.
- Lightning poses a risk at all outdoor events. Environment Canada advises that appropriate shelter be taken if you can count 30 seconds or less between a flash of lightning and thunder. This means that the field should be evacuated, and participants and spectators go to the nearest building or if not available, to cars. The game should not resume until 30 minutes after the last flash of lightning was seen or clap of thunder heard. For more information about lightning safety, visit the environment Canada website at http://www.ec.gc.ca/search_e.html

Responsible Action by All Involved Prevents Serious Injuries

A safe and positive learning environment which helps players make appropriate decisions can only be achieved through the continued efforts of coaches, trainers, health personnel, players, and soccer organizations. Get educated! Refer to **Appendix B** for Fair Play Codes for coaches, players, parents, and officials.

Players

- Foul play is unacceptable on and off the field. Treat your teammates, opposing players, game officials and spectators as you would like to be treated. Have respect.
- Know and respect the rules of the game. The decisions made by referees regarding fouls, unsportsmanlike conduct, unfair play and intimidation of the opposing team, should be accepted and respected. Rules exist for your protection.
- Make sure that you are physically and mentally fit - to participate safely, you must be well rested and focused.
- For elite and more experienced players, strength training and conditioning are essential for maintaining physical fitness and preventing injury. Be sure to warm-up, cool-down and stretch, before and after every practice and game.
- Always make sure that you are wearing the appropriate equipment and that your gear fits properly.
- Always be prepared for the uncertain. In cool climates, bring extra clothing. In warm and humid conditions, protect yourself with sunscreen. To prevent dehydration, drink fluids frequently before, during, and after the game.
- Eat right. Proper nutrition will help you maintain the strength and energy that you need while on the field.



Parents

- Educate yourself about soccer safety. This will help you to recognize how injuries occur, and how you can help prevent them!
- If an injury occurs, ensure appropriate medical assessment. For example, every concussed player must be assessed by a doctor.
- Always make sure that your child is wearing the appropriate equipment, that the equipment fits properly and is in good condition.
- Teach your child about respect by being a good role model. Cheer positively and show respect and support to players, coaches, and referees.

Coach/Trainer

- Coaches should know the rules of the game, enforce safety rules and rules of play, and encourage sportsmanship and fair play.
- Have a good knowledge of your players, and always select equipment that is appropriate to the player's age, gender and ability level.
- Use simple teaching techniques to help your players learn. Encourage skill development through simple activities and games.
- Set challenging, but realistic goals for your athletes. Encourage and support your players to help them be the best they can be.
- Make sure that your players are prepared! Ensure that they have what they need to play in both cool and hot climates.
- Assist parents with purchasing equipment. Make sure that parents know what type of equipment to buy, and how to properly fit the equipment.
- Never let a player on the field unless he/she is wearing the appropriate equipment and that the equipment fits properly and is in good condition.
- Always supervise the players while on the field.
- Be aware of players who may be injured, unwell or have medical conditions. Recommend that players get a pre-season check-up by their family doctor. Make sure that players complete an appropriate medical form before the soccer season begins. This form should be updated regularly, and kept confidential.
- Have a basic First Aid kit available. For older and more competitive levels, have a Trainers' Kit (see **Appendix C** for suggestions).
- Be prepared to summon medical assistance for emergencies and injured/fill players/officials.
- Be a role model and set a good example. Play soccer safely, fairly, and with respect yourself.
- It is highly recommended that you (and/or a trainer or assistant) obtain a First Aid Certificate and maintain accreditation.
- Keep current with changes and trends that affect the soccer community. Your interests and those of your players depend on it. Information technology now allows for the widespread distribution of knowledge. An appropriate level of re-evaluation and continuing education have become the reality for dedicated practitioners in all walks of life. For continuing education, visit the Canadian Soccer Association website.
- Higher level coaches should have the proper coaching certification. Coaches at the recreational level are usually volunteers, and don't require coaching certification, but they should attempt to be well-informed about safety and injury prevention.



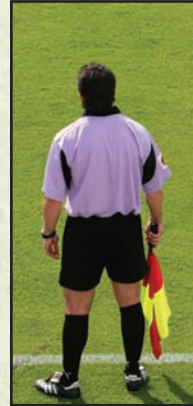
photo by Julie C. Elliott

Referees

- Know the laws of the game. There are local modifications of the laws from region to region.
- The laws and regulations of the game should be strictly enforced. Laws exist to enhance the safety of players.
- Decisions should be made to discourage fouls, unsportsmanlike conduct, unfair play and intimidation of the opposing team/game officials. All these types of behaviours can lead to injuries.

Organizations

- Organizations should develop a written policy outlining safety procedures which should be strictly enforced. A "Safety Committee" is an excellent way to implement this.
- Players and parents must respect the rules implemented by the organization.
- A record of all injuries should be kept. This should be reviewed regularly by the committee to determine activities or areas which may need attention.
- Safety should be the first consideration in the planning of any activity or event.



Outdoor versus Indoor Soccer: Is there a difference?

Although the skills and techniques used to play outdoor and indoor soccer are similar, the sports do differ. Indoor soccer is played within a confined field that is generally smaller than an outdoor field. The walls that confine the indoor field have an impact on the game. When the ball touches the wall, it gets deflected, which ultimately results in a rapidly paced game, because the ball is constantly changing directions. However, the injury patterns experienced in both outdoor and indoor soccer are similar. Ankle injuries are the most common, and knee ligament injuries are the most severe in both playing environments.

Soccer Specific Injuries

Soccer is an excellent and healthy sport, but it has elements of risk. Research indicates that lower limb injuries are the most common injury experienced by soccer players. All players, regardless of their age, gender, skill level and ability, are at risk of injury. Even the most experienced and knowledgeable individual, who is wearing the proper equipment, is not immune to injury.

The W's of Soccer Injuries

Who gets Soccer Injuries?

Soccer injuries can happen to anyone. Data from the US National Electronic Injury Surveillance System found that 85% of injuries occur in athletes under 23 years of age, with 45% of the injuries in athletes 15 years of age and younger. Severe injuries tend to occur in players who are of a lower skill level than those who are among high skill groups. For players who are matched according to their age, those that have poor muscular strength experience higher injury rates. Any player who has experienced an injury before or who did not recovery properly from the injury is at a greater risk of experiencing future injuries. In terms of gender, females are twice as likely to be injured as males (2:1 ratio). In soccer, there are some positions that put athletes at greater risk of injury than others. Goalkeepers are at the greatest risk of injury, and tend to suffer more injuries to the head, face, neck, arm and shoulder in comparison to other positions.

Where do the Injuries Happen?

People play soccer for many reasons, whether it be for recreation, to compete at a professional level, for exercise, to help relax and/or to have fun. Players need to know that an injury can happen anywhere, even in areas of our own homes that seem safe and secure.

Soccer injuries happen in all areas; in the soccer field (both indoor and outdoor), in the school yard, in the home yard, and in parks. According to Canadian Hospitals Injury Reporting and Prevention Program (CHIRPP), soccer injuries occur most frequently at school, accounting for approximately 36.6% of all injuries. Most injuries occur during normal play (58.2%) and 9.4% occurred during organized league or practice.

Why do the Injuries Happen?

Injuries can occur in soccer for multiple reasons which have been described earlier in this booklet. A very common cause for injury not previously mentioned is over-training. When players train hard for a game or a competition, it is really important for them to rest between training sessions. Resting helps the player's body to compensate for any stress that is applied during training, and allows for energy to be replenished. If players do not rest enough after intense training, their body cannot adapt appropriately, and injury risk increases. At this point, they can suffer from "over-training." Overtraining can result in decreased performance, increased fatigue and persistent muscle soreness, all of which can cause injury. Overtraining can also have a negative impact on players' mental health, causing them to feel "burnt out" or "stale."

Engaging in different forms of training, ("cross-training"), can be beneficial to players. The term cross-training refers to a training regimen that incorporates many different forms of exercise. Cross training helps to limit the amount of stress or strain that is placed on a specific muscle group. It is a great way to condition different muscle groups, learn new skills, reduce boredom experienced with exercising, and reduce the risk of injury caused by repetitive strain or overuse. A properly developed training regimen that incorporates variety and rest can optimize physical and mental performance, and reduces the risk of sustaining injuries.

An Overview of Soccer Injuries

Most soccer injuries occur to the lower limbs; muscle strains, contusions (bruises), and injuries to the ankle, knee, and foot are the most common. One of the most severe injuries is a torn ligament in the knee joint, and there are specific strategies to try to reduce the risk of this injury. Concussions can also occur, as well as injury to the upper limb. When these injuries occur, it is recommended that medical assistance be obtained or sought.

Muscle Strains

Muscle strains and bruises (contusions) are the most common injuries in soccer. Some signs and symptoms of a muscle strain are pain when contracting and stretching the muscle, bruising and swelling. Muscle strains in soccer are usually a result of not warming up properly, not enough flexibility, a lack of muscle strength, fatigue or returning to play too soon before completely recovering from a previous injury. This is one of the main reasons for recurrent muscle injuries. It is important that muscle strength be regained post-injury, and a gradually increasing return to play program be followed in more significant muscle injuries.

Ankle Sprains

The ankle is the most commonly injured joint in soccer; injury to the ligaments (sprain) is the most common injury to the ankle. Ankle sprains occur on the lateral aspect (outside) of the ankle in most cases, and usually occur when the ankle is inverted (going over on the ankle) forcefully while running, jumping or tackling. Most sprains can cause swelling and pain. They should be assessed by medical personnel. Sprains that are not fully healed before returning to activity may lead to repetitive sprains and persistent discomfort.

Patellofemoral Pain

The most common type of knee problem experienced by the young soccer player is pain around or under the kneecap (patella), known as patellofemoral pain. In most cases, this is a problem which is "hurtful" but not "harmful", in other words, not causing damage to the knee. Persistent knee pain should be assessed by medical personnel, as should swollen knees, and knees which "give way". Maintaining good strength in the quadriceps muscles (front of the thigh) can be helpful to reduce patellofemoral pain.



Anterior Cruciate Ligament Injuries

The Anterior Cruciate Ligament (ACL) is an important stabilizer of the knee, helping to provide stability when cutting, pivoting, jumping, and moving laterally. ACL injuries are rare in young players. For teenagers, injury prevention programs have been developed such as PEP (Prevent Injury, Enhance Performance) and the FIFA 11, which have been shown to reduce the incidence of this injury.

Foot Injuries

The vast majority of soccer-related foot injuries are bruises (contusions), usually from being stepped on. Fractures and sprains also occur, but are much less common. In cases where there is pain, swelling, or difficulty with weight bearing, medical assessment should be sought. Blisters can also be a painful problem. The risk of blisters can be reduced by wearing the proper fitting shoes, and breaking in the shoes slowly.

Head Injuries

A concussion is a head injury that can occur in soccer. It can occur due to head to head contact while going up for a header. Concussions in soccer occur mainly from collisions between players, as well as collisions with the ground or with equipment. There has been concern regarding the long-term effects of heading, but no definite link has been established to date. A concussion is a temporary impairment of brain function due to trauma. This can be due to a blow to the head, face, jaw, or infrequently, even hard contact or fall. It is very important to understand that you do not have to lose consciousness to have had a concussion. The majority of concussions occur without loss of consciousness (LOC). The concussed player may display any or all of the symptoms or signs listed below:

SYMPTOMS	SIGNS
<ul style="list-style-type: none">• Headache• Dizziness• Feeling dazed• Seeing stars• Sensitivity to light• Ringing in ears• Tiredness• Nausea, vomiting• Irritability	<ul style="list-style-type: none">• Confusion, disorientation• Poor balance or coordination• Slow or slurred speech• Poor concentration• Delayed responses to questions• Vacant stare• Decreased playing ability• Unusual emotions, personality change, and inappropriate behaviour

If a concussion is suspected, the player should be removed from the game or practice. Return to play while still symptomatic increases the risk of further concussion, more severe and prolonged symptoms, and the risk of other injury. "When in doubt, sit 'em out!" The player should be assessed by a physician as soon as possible, rest until all their symptoms have resolved, and then begin a medically supervised step-wise return to play protocol. There are a number of return to play protocols that exist. A soccer specific protocol has been published, which may be beneficial for the more elite player. To download this protocol, and other concussion specific information, please visit the ThinkFirst website at www.thinkfirst.ca.

Upper Limb Injuries

For children playing soccer, one of the most common upper limb injuries suffered is fracture of the wrist. The most common cause of this injury is falling on an outstretched upper limb. Other causes include contact with other players and colliding with equipment such as goal posts.

Due to the nature of their role, goalkeepers are at risk of suffering hand, wrist and head injuries. The impact between the ball and the hand while making a save puts stress on the hand, similar to the stress placed on the hand while falling. Contact with other players or goal posts may cause head injuries. This was discussed under the section on "head injuries."

General First Aid

General first aid knowledge is an important component of safety. It is highly recommended that if possible, there be someone present at every game and practice with this capability. This is especially critical at older ages and more competitive levels, where it is highly recommended that each team have first aid/trainer's kit, and someone who knows how to use it. A suggested sample kit is described in **Appendix C**. A more basic kit would be appropriate for younger, recreational soccer. As part of the first aid, an emergency action plan should be developed to deal with injuries that may occur on site. This plan should be practiced, and a cell phone should be available so that emergency assistance can be called to the scene when necessary.

Appendix A

FIFA Position Statement on Non-Compulsory Equipment

To the national associations of FIFA

Circular no. 863

Zurich, 25 August 2003

GS/hus-sbu

Players wearing non-compulsory equipment

Dear Sir or Madam,

FIFA has received correspondence from a number of national associations concerning the legality of players wearing non-compulsory equipment.

In the light of discussions by the International FA Board, the following guidelines have been issued to clarify this matter.

Under the Powers and Duties of the referee in Law 5 – The Referee, he or she has the authority to ensure that the players' equipment meets the requirements of Law 4, which states that a player must not wear anything that is dangerous.

Modern protective equipment such as headgear, facemasks, knee and arm protectors made of soft, lightweight, padded material are not considered dangerous and are therefore permitted.

FIFA also wishes to strongly endorse the statement on the use of sports spectacles made by the International FA Board on 10 March 2001 and subsequently in FIFA circular no. 750, dated 10 April 2001. New technology has made sports spectacles much safer, both for the player himself or herself and for other players. This applies particularly to younger players.

We expect referees to take full account of this fact and it would be considered extremely unusual for a referee to prevent a player taking part in a match because he or she was wearing modern sports spectacles.

It is hoped that this circular will give clear guidelines to referees concerning the correct application of Law 4.

Thank you for your attention to the above.

Yours faithfully,

Urs Linsi
General Secretary

Copies:
FIFA Executive Committee
FIFA Referees' Committee
Confederations



Appendix B

Fair Play Codes

FAIR PLAY CODE FOR COACHES	FAIR PLAY CODE FOR PLAYERS
<ol style="list-style-type: none"> 1. I will be reasonable when scheduling games and practices remembering that young players have other interests and obligations. 2. I will teach my players to play fairly and to respect the rules, officials and their opponents. 3. I will ensure that all players get equal instruction, support and playing time. 4. I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves. 5. I will make sure that equipment and facilities are safe and match the players' ages and abilities. 6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example. 7. I will obtain proper training and continue to upgrade my coaching skills. 	<ol style="list-style-type: none"> 1. I will participate because I want to, not just because my parents or coaches want me to. 2. I will play by the rules, and in the spirit of the game. 3. I will control my temper-fighting and "mouthing off" knowing that it can spoil activity for everybody. 4. I will respect my opponents. 5. I will do my best to be a true team player. 6. I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are just as important. 7. I will acknowledge all good plays/performance – those of my team and of my opponents. 8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

FAIR PLAY CODE FOR PARENTS	FAIR PLAY CODE FOR OFFICIALS
<ol style="list-style-type: none"> 1. I will not force my child to participate in sports. 2. I will remember that my child plays sport for his or her enjoyment, not for mine. 3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence. 4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event. 5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard. 6. I will never ridicule or yell at my child for making a mistake or losing a competition. 7. I will remember that children learn best by example. I will applaud good plays/performance by both my child's team and their opponents. 8. I will never question the officials' judgment or honesty in public. 9. I will support all efforts to remove verbal and physical abuse from children's sporting activities. 10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child. 	<ol style="list-style-type: none"> 1. I will modify rules and regulations to match the skill level of the players. 2. I will use common sense to ensure that the "spirit of the game" for the children is not lost by overcalling the game. 3. Actions speak louder than words. I will ensure that both on and off the field behaviour is consistent with the principles of good sportsmanship. 4. I will compliment both teams on their good plays whenever such praise is deserved. 5. I will be consistent, objective and courteous in calling all infractions. 6. I will act to promote fair play at all times. 7. I will create a positive and constructive environment to help the participation and enjoyment of the children. 8. I will make a personal commitment to keep myself informed on sound officiating principles and the principles of growth and development of children. 9. I will enjoy the game, be friendly and try to improve my skills every game.

* Fair Play Codes are from the Canadian Soccer Association booklet, "First Steps, First Kicks. Coaching 6 to 10 year-olds".

Appendix C

Sample Trainer's Kit Items

PRODUCT	QUANTITY	PRODUCT	QUANTITY
• CPR Filter Shield	1	• Fingertip Bandages	5
• Latex Gloves (Pairs)	5	• Sterile 4" x 4"	10
• Lister Bandage Scissors	1	• Non Sterile Gauze Roll 3"	2
• Tweezers	1	• Non Adherent Pad 2x 3"	5
• Tongue Depressors Non Sterile	5	• Athletic Tape 1 1/2"	1
• Cotton Tip Applicators 3" Sterile	5	• Transpore tape 1/2"	1
• Triangular Bandage	5	• Ice Bags	6
• Instant Cold Pack	1	• Emergency Info Card	1
• Alcohol Wipes	10	• First Aid Manual	1
• Anti-Microbial Wipes	5	• Benzalkonium chloride wipes	10
• Triple Antibiotic Ointment	15	• Non-sterile gauze roll 6"	1
• Petroleum Jelly-small	3	• Coverroll 2" x 2yds	1
• Elastic bandage 3"	2	• Butterfly band-aids	3
• Elastic bandage 6"	1	• Package tissues	1
• Plastic Strips	20	• Emergency Blanket	1
• Knuckle Bandages	5	• Soft Sided Kit	1

***Note:** This list of sample first aid kit items is suggested for older, more competitive levels.



ORGANIZATIONS THAT DEVELOPED THIS PROGRAM

ThinkFirst Canada

ThinkFirst Canada is a national, voluntary, non-profit organization with over 20 chapters across Canada, dedicated to preventing injuries in young Canadians, especially brain and spinal cord injuries. The organization is endorsed by Canada's neurosurgeons, neurologists, and nurses who treat people who have had a brain or spinal cord injury. ThinkFirst provides school-based injury prevention programs for kids, conducts research on the causes of injury and the effectiveness of our programs, and are developing a hospital-based program for teens. The two free, bilingual school-based programs are TD ThinkFirst for Kids, which is a program for elementary students, and ThinkFirst-Party Later, which is a program for teens. ThinkFirst plays a major role in the prevention of sports and recreational related injuries through its ThinkFirst-SportSmart programs which include:

- A Little Respect: ThinkFirst! – a skiing and snowboarding program in the form of a DVD/VHS, educational booklet and safety card, for ages 6-12 years.
- Concussion Education and Awareness - a program designed to enhance knowledge and awareness about concussion for the health care, athletic and general communities.
- Dive Right-a diving prevention video for elementary school students. This program has been replaced by Dive Smart.
- Sudden Impact - a diving prevention program for secondary school students.
- Smart Hockey: More Safety, More Fun! - a one hour video educating aspiring hockey players about serious head and spinal injuries and safety in ice hockey.
- Smart Soccer - a soccer injury prevention program in the form of a booklet, for ages 6-14 years.
- Smart Equestrian - a 10 minute injury prevention program educating riders of all ages about equestrian safety.

SMART SOCCER COMMITTEE

This program has been possible through the efforts of the ThinkFirst-SportSmart Smart Soccer Committee and many organizations:

COMMITTEE MEMBER	POSITION	ORGANIZATION
Billingsley, John	Deputy Chief, Operating Officer	Canadian Soccer Association
Campbell, Cathy	Family Practice/Sport Medicine Physician	Canadian Women's World Cup and U 19 Team Physician
Cusimano, Michael	Research Director	ThinkFirst Canada
Delaney, Scott	Sport Medicine & Emergency Medicine Physician, McGill University	Montreal Impact Soccer Club, McGill University Men's and Women's soccer teams
Gittens, Rudy <i>(Co-Chair)</i>	Orthopaedic Surgeon	Canadian Soccer Association, FIFA
Kissick, James <i>(Co-Chair)</i>	Sport Medicine Physician	Canadian Academy of Sport Medicine
Philpott, John	Pediatrician	University of Toronto, Toronto East General Hospital, North York General Hospital
Tator, Charles	Neurosurgeon, President	ThinkFirst Canada
Simonson, Mark	Kinesiologist, Director	KineMedics - Sport Medicine and Orthopaedic Services
Staff Russell, Jim Provvidenza, Christine	Executive Director Research and Program Manager	ThinkFirst Canada ThinkFirst Canada

REFERENCES

References are available upon request.

PROGRAM SPONSORS

Krembil Family Foundation
Ontario Ministry of Health Promotion
Ontario Ministry of Tourism and Recreation

EDUCATIONAL BOOKLET

Rudy Gittens, Jamie Kissick, and Christine Provvidenza

PHOTOGRAPHS FOR BOOKLET

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HOW TO ORDER ADDITIONAL COPIES OF “PLAYING SMART SOCCER!” AND OTHER THINKFIRST PROGRAMS

Free copies of this program will be distributed by each of the participating organizations who have provided sponsorship.

- Additional copies of this Program can be ordered directly from ThinkFirst Canada. You may place your orders in the following ways:

o Toll Free: 1-800-335-6076 o Fax: 416-603-7795	o Email: admin@thinkfirst.ca o Website: www.thinkfirst.ca
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- A charge will be applied to cover the costs of shipping and handling. Payment may be made by cheque or Visa. Please make cheques payable to the ThinkFirst Foundation of Canada.
- We welcome your comments regarding the educational booklet, along with any suggestions for improvement.
- As ThinkFirst Canada is a non-profit organization, donations would be greatly appreciated and can be sent directly to:

ThinkFirst Canada
Med-West Medical Centre, Suite 3-314
750 Dundas Street West
Toronto, ON
M6J 3S3

www.thinkfirst.ca

- A receipt for income tax purposes will be provided for donations greater than \$ 10.00.

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