



Safety Guidelines

All sports. All locations. A shared responsibility to protect children.

A practical guide for Just Compete Sports and affiliated programs, including NFL FLAG, Girls Play Flag Football, Touchdown for Tots, YOUNG3, NHL STREET and MLS GO. Read this with the full conduct, injury, weather and incident response policies and your sport rules.

Before the first activity

Families: provide current emergency contacts, relevant health information and medical restrictions through the approved registration process. Tell the coach about needs that affect safe participation. Coaches and volunteers: complete assigned screening, training and acknowledgments before serving.

Prepare the space and the team

Check the surface, goals, equipment, boundaries and emergency access before play. Remove hazards or stop use of an unsafe area. Know the site address, shelter location, first aid supplies, AED location if available, and who will call 911 and meet responders. Match activities to age, experience and ability.

Supervision and adult boundaries

Follow assigned supervision, pickup and dropoff procedures. Account for athletes during delays, evacuations and dismissal. Do not leave a child alone waiting for pickup. Keep adult interactions observable, use approved communication channels and follow program rules for contact with minors. Spectators must stay in designated areas.

EQUIPMENT REMINDERS BY SPORT

FLAG FOOTBALL

Required jersey, belt and flags; mouthguard; pocketless shorts with full coverage. Follow division footwear rules.

BASKETBALL

Appropriate basketball shoes, required uniform and safe court conditions. Follow facility footwear requirements.

NHL STREET

Athletic shoes, required mouthguard, stick and team clothing. Goalies must use the required protective equipment. No skates.

MLS GO SOCCER

Required uniform and shin guards fully covered by socks. Use footwear approved for the playing surface.

TOTS / INTRO

Use the program equipment and footwear instructions, with close supervision and age appropriate activities.

Equipment must fit, be in safe condition and comply with the current sport and facility rules. For flag football, butterfly or flowy shorts, split sides, side slits and overlapping side panels are not permitted.

IMMEDIATE DANGER OR SERIOUS MEDICAL EMERGENCY: CALL 911

Stop activity, follow the emergency action plan and keep emergency access clear.



Check conditions. Adjust play.

Follow official program updates and facility directions

Water, rest and safe activity

Provide unrestricted access to drinking water and planned rest breaks. Increase breaks and reduce intensity as conditions require. Never withhold water, shame an athlete for needing a break or use unsafe exertion as punishment. Athletes should report pain, dizziness, illness or unusual fatigue immediately.

Rain and surface hazards

Rain alone does not automatically cancel outdoor play, but lightning risk or unsafe conditions require changes. Flooding, standing water, ice, slick floors, poor traction, damaged equipment or unsafe visibility may require a delay or cancellation. Do not enter closed fields, courts or facilities.

Lightning: stop, shelter and wait

Suspend outdoor activity when thunder is heard, lightning is seen or reliable monitoring detects lightning within 10 miles. Do not wait for an app alert when thunder or lightning is observed. Move promptly to a substantial enclosed building or an enclosed vehicle with a hard metal roof. Tents, dugouts, open shelters and trees are not safe lightning shelter.

Restarting after lightning

Wait at least 30 minutes after the last thunder or observed lightning, and after the last detected strike within the 10 mile monitoring radius. Each new occurrence restarts the full waiting period. Resume only after designated leadership and the facility authorize a return. For tornado warnings, follow the facility shelter plan; a vehicle is not a tornado shelter.

Heat, cold and air quality

Use the linked WBGT heat guidance and environmental resources to support local decisions. WBGT is different from air temperature or heat index. Consider indoor heat in facilities without air conditioning, wind chill, wet clothing, smoke and air quality. Modify, delay or stop activity when needed. Athletes with relevant health conditions may need adjustments sooner.

Who decides and how families are notified

Designated league leadership coordinates with facility staff and officials on delays, modifications, evacuation and cancellation. Follow stricter applicable facility or governing body requirements. Check TeamSnap and the official channel for your program. Keep athletes supervised and remain in safe shelter until instructed otherwise.

WBGT Heat Safety Reference

Environmental Safety Resources

KSHSAA materials are reference guidance across Just Compete programs, including Colorado; they are not presented as Colorado governing rules. The full Just Compete weather policy contains additional procedures.



Recognize. Respond. Report.

Protect the athlete first and keep information private

IMMEDIATE DANGER OR SERIOUS MEDICAL EMERGENCY: CALL 911

Stop activity, follow the emergency action plan and keep emergency access clear.

Serious injury or sudden collapse

Call 911 for collapse, unresponsiveness, trouble breathing, seizure, severe bleeding, suspected serious neck or spine injury, or another life threatening condition. Follow dispatcher instructions and the emergency action plan. Send someone for the AED and provide CPR or other care as directed and within your training. Do not move a person with a suspected spine injury unless immediate danger or lifesaving care requires it.

Suspected concussion: remove immediately

After a blow to the head or body, watch for headache, dizziness, confusion, balance problems, nausea, vision changes or unusual behavior. Symptoms may appear later. Remove the athlete immediately, notify the parent or guardian and arrange healthcare evaluation. No same day return. A coach or parent cannot clear the athlete; follow healthcare clearance and the gradual return to sports process.

Concussion danger signs need emergency care

After a head injury, call 911 or seek emergency care for worsening headache, repeated vomiting, seizure, increasing confusion, weakness, slurred speech, unequal pupils or double vision, or difficulty waking or staying awake. Do not leave the athlete alone while arranging care.

Other injuries and illnesses

Stop participation when an athlete cannot play safely. Notify the parent or guardian and follow the injury policy, healthcare restrictions and clearance requirements. Do not diagnose, give unapproved medication or encourage an athlete to play through symptoms. Legitimate safety reports or requests for water or care must not lead to retaliation.

Report and document concerns

Notify the site director or program coordinator promptly. If that person is involved, contact another member of leadership. Document who, what, when, where, witnesses and actions taken. Send injury, concussion and participant safety documentation to safesport@justcompete.org. Keep evidence private; do not post incidents or discuss minor discipline on social media. Report suspected abuse or immediate threats to appropriate authorities without waiting for internal approval.

Safety reports: safesport@justcompete.org

Concussion & Injury Management Policy

Code of Conduct

CDC Concussion Response

CDC Signs & Danger Signs

Quick reference prepared October 23, 2026 from Just Compete policies, CDC HEADS UP and KSHSAA resources. Full organizational policies, sport rules, facility requirements and applicable law govern specific situations. General questions: 365@justcompete.org.