



LMBA Coach's Personal Risk Management Plan

The informed and prudent coach protects himself/herself by implementing a personal risk management plan. This plan helps the coach on two fronts: first, it will promote a safe program and help to prevent injuries from occurring, and second, when an injury cannot be prevented, it will help to protect the coach from liability claims. Coaches can, and should, practice their own personal risk management by following this eight point plan:

- 1 Be familiar with and adhere to applicable standard, both written and unwritten, as well as internal policies and rules governing the facility, the sport and your program.
- 2 Monitor your participant's fitness and skill level, and teach new skills in a progressive fashion suitable to their age and skills. Never leave young participants unsupervised.
- 3 If you do not have access to medical personnel or a qualified trainer, keep adequate first aid supplies on hand; ideally, you should be trained in administering first aid.
- 4 Develop an Emergency Action Plan for the facility or site where you regularly hold practices or competitions. Carry with you, at all times, emergency contact numbers and participants BC health care numbers.
- 5 Inspect facilities and equipment before every practice and competition and take steps to ensure deficiencies are corrected immediately, or adjust your activities accordingly to avoid the risk.
- 6 Do not be afraid to stop or withdraw from any activity that poses unreasonable risks, including stopping a practice or removing your team or your participant from a competition.
- 7 Trust your common sense and intuition.
- 8 Actively pursue your own training, professional development, and coaching certification.

Remember, a coach's conduct is negligent when all four of the following conditions occur:

- A duty of care exists (such as that which exists between a coach and a participant)
- That duty imposes a standard of care that is not met by the coach
- A participant, or other person, experiences harm
- The failure to meet the standard can be shown to have caused or substantially contributed to the harm