

Health & Safety Plan

This Health & Safety Plan outlines PSA Canada's commitment to maintaining a safe and healthy environment for all players, coaches, staff, and visitors. The guidelines in this plan help ensure readiness, responsiveness, and accountability during any situation related to safety or health.

1. Purpose & Scope

This plan applies to all PSA Canada programming, training sessions, games, and events. It is intended to protect participants from injury, illness, and emergency situations while promoting best practices in sports safety.

2. First Aid & Emergency Procedures

At least one coach per session will be trained in first aid and CPR. A stocked first aid kit is kept on site at all times. Emergency contact numbers are accessible, and 911 will be called immediately when required.

3. Injury Reporting & Follow-Up

All injuries must be documented by the coach and reported to the Technical Director. Parents will be informed, and any player with a significant injury must provide medical clearance before returning to play.

4. Severe Weather Protocols

Training or matches will be postponed or stopped in the event of thunder, lightning, high heat/humidity, or unsafe field conditions. Rescheduling or cancellation decisions will prioritize participant safety.

5. Concussion Awareness & Return-to-Play

Coaches are trained to recognize signs of concussion. If a concussion is suspected, the player will be removed immediately and not allowed to return without medical clearance. PSA follows Ontario's Rowan's Law.

6. Safe Equipment & Field Setup

All equipment used must be in safe condition. Goals will be anchored. Fields must be inspected for hazards before each session. Unsafe surfaces or objects will be reported and avoided.



7. Coach Supervision & Player Dismissal

Players must be supervised at all times during training and games. No child will be released without a designated adult present. Any late pickups will be documented, and parents will be contacted immediately.

8. Illness & Communicable Disease Policy

Participants who are ill or show symptoms of a communicable disease must stay home. PSA Canada follows public health guidance regarding return timelines. Sanitation of equipment will be enforced during illness outbreaks.

9. Incident Reporting & Documentation

All significant incidents (injury, illness, confrontation, or safety risk) will be logged by coaches and reviewed by the Academy Director. Documentation will be kept securely and used to improve safety protocols.

10. Parent Communication During Emergencies

In emergencies, parents will be contacted immediately via phone. A communication tree will be used in larger incidents. Accurate parent contact details must be kept up to date at all times.

