

FIELD CHECK

Once you arrive at the location you need to walk around your assigned field checking for:

- Dangerous items such as holes, glass, stones or anything dangerous especially around the goal.
- The lines should be clearly visible, and field properly marked.
- **Goals (including portable ones) must be safely anchored**, and nets (if used) secured properly.

PLAYERS EQUIPMENT CHECK

- ✓ Shin guards covered by socks.
- ✓ Safe footwear –? baseball shoes.
- ✓ All jewelry removed **other than medic alert tags** (made safe).
- ✓ Nothing dangerous (no watches, no metal hair clips).
- ✓ If ball caps are worn by goalkeepers, are they safe?
- ✓ Team colors including the goalkeepers.
- ✓ If in doubt check with mentor.