



SUMMER ATHLETE SAFETY CHECKLIST

A practical
guide for
keeping
players
safe in the
summer
heat.

SUMMER ATHLETE SAFETY CHECKLIST

This checklist is designed to help you quickly assess how prepared your facility is to keep athletes safe during the summer heat. Whether you've already implemented many of these items or are just starting to build your plan, it's a great way to identify what's working and what might still need attention. Use it as a simple tool to guide conversations with your team, make small updates, and ensure your athletes stay safe, hydrated, and supported all season long.

Yes Needs Work

Y NW SAFETY ITEM

- I reference the air temperature and humidity regularly to better plan activities and anticipate high-risk heat days.
- I monitor field surface temps during peak heat using a weather meter, infrared thermometer, or similar tool.
- Whenever possible, I adjust training or event schedules to avoid peak heat hours (typically 11 am-4 pm).
- Water and rest breaks are built into all practices, scrimmages, and events at least every 30 minutes.
- My facility offers multiple water access points that are easily accessible from all areas of the field.
- I supply or recommend access to cooling tools like shade structures, fans, ice towels, or misting stations.
- If I'm able, I apply water to my synthetic turf field before use on hot days to help reduce surface temperature.
- Natural grass fields are mowed, irrigated, and regularly inspected for dry spots or surface damage.
- I communicate our summer heat protocols clearly with coaches, trainers, and support staff.
- Athletes and families are informed of heat safety expectations before the season begins.
- Heat safety reminders (posters, signage, etc.) are visible in locker rooms or near field entrances.
- I encourage a culture where athletes feel safe speaking up when they're overheated, unwell, or need a break.
- I've explored or implemented long-term improvements like adding shade, improving airflow, or upgrading field materials.
- I've explored opportunities for more shade or airflow.
- My team reviews and updates our summer safety plan at least once per year.