



A Complete Safety Guide for Sports Facilities & Programs

Sports programs are built on discipline, preparation, and performance. Safety should be approached the same way.

Whether you manage a youth league, a school athletic program, a private sports academy, or a professional venue, your responsibility is big. Athletes, coaches, families, and spectators all rely on you to create an environment that is not only competitive, but protected.

In this guide, we break down what real sports safety looks like, from equipment placement and emergency action plans to staff training and ongoing oversight.



1. Before the Season Starts

The strongest safety programs are built before the first practice.

This is when organizations should review →



Pre-season planning prevents mid-season scrambling.

AED locations and **accessibility**

Expiration dates on pads and batteries

First aid kit restocking

Emergency action plans for each field or facility

Heat and hydration protocols

Concussion response procedures

2. What Every Sports Program Should Have in Place

Regardless of the level of play, certain fundamentals apply across the board.



AEDs that are accessible within minutes of any active field or court



Coaches and key staff certified in CPR and First Aid



A clear emergency action plan that is reviewed regularly



Bleeding control supplies for contact sports



Structured heat and weather protocols, especially in Florida

These are foundational elements of a responsible sports program.

3. Experience at Every Level of Competition

Safety expectations increase with the scale of play, and we understand that because we operate across every level.

Miami First Aid is proud to serve as a safety partner with the University of Miami and the Hurricanes athletic programs, supporting equipment readiness and training coordination.

We are also proud providers of ZOLL Medical products to Daytona International Speedway, one of the most recognized motorsports venues in the world.

No matter the size of the organization, we train your team, help you prepare, and support you with your safety needs every step of the way.



4. Strengthening Your Program

Every organization operates differently. The key is aligning your safety plan with your level of competition, facility layout, and staff structure.

Miami First Aid works with sports organizations across South Florida to provide:

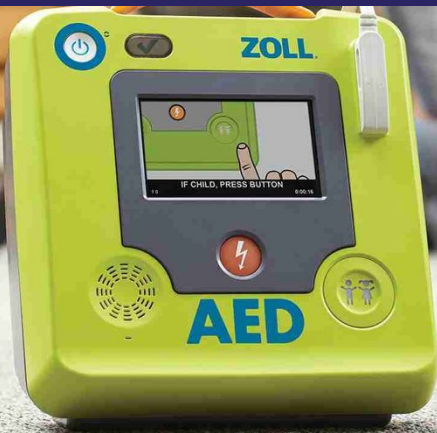
CPR, AED, and First Aid training

AED placement and maintenance

Emergency action plan guidance

Equipment inspection support

If you are preparing for a new season or reviewing your current safety procedures, we're ready to help you build a program that is structured, practical, and ready when it matters.



Sports Safety Equipment

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