

Insurance 101: Sports Info on the Web ~ Bollinger's Top 12

The amount of information on the internet can sometimes be overwhelming – there is so much available, that you don't even know where to begin your search. For that reason, we at Bollinger have developed a list of the Top 12 Web Sites for Sports Information. Certainly, these dozen sites are not meant to be a comprehensive list. Within our Sports Division, however, these are the sites most often book-marked by our team. We hope that you will find them informative and helpful for your lacrosse or recreation program.

Safety First

When it comes to safety, first aid and emergency planning, these sites are at the top of our list:

1. www.RedCross.org: For first aid training for your program, the **American Red Cross** is the place to go. Find programs for basic first aid, CPR and AED instruction in your area. The site includes many additional resources, such as disaster planning information, which is invaluable for every sports program and every household.
2. www.NATA.org: The **National Athletic Trainers Association** (in conjunction with the American Academy of Orthopaedic Surgeons) is promoting a new public service campaign for safety awareness in youth sports. Their listing of articles and news stories on the subject is excellent. Click on 'Youth Sports' on their home page.
3. www.SafeKids.org: The **National Safe Kids Campaign** is dedicated to the prevention of unintentional childhood injury — the number one killer of children ages 14 and under. This site offers a wide array of articles on general safety tips and prevention for children.
4. www.SportsSafety.org: The **National Center for Sports Safety** offers information for coaches, parents and athletes. Its coaches' training program, P.R.E.P.A.R.E., is one of the newest programs available providing safety training on-line.

Youth Sports Sites

There are many organizations dedicated to promoting a positive experience in youth sports. A handful of them are:

5. www.NAYS.org: The **National Alliance for Youth Sports**, and its partner organization, the National Youth Sports Coaches Association, offer info on everything from Coaches Training programs, to National Standards for Youth Sports Organizations, to help with Background Checks for your volunteer staff.
6. www.NCYS.org: US Lacrosse is one of the 163 member organizations of the **National Council for Youth Sports**. NCYS provides information and advocacy on various issues in youth sports. One of their "hot topics" is conducting background checks on volunteers in an effort to prevent abuse in sports (see their 'Market Research' and 'News Stories' sections).
7. www.YouthSports.Rutgers.edu: The **Youth Sports Research Council at Rutgers University** (NJ) provides legal, medical and training information for sports programs in New Jersey. Of broader interest to any league, however, is their set of model policies for youth sports organizations, such as the 'Model Athletic Code of Conduct' and 'Model Policies Regarding Banning Spectators' (click on 'Resources – Administrative').
8. www.WomensSportsFoundation.org: The **Women's Sports Foundation** is dedicated specifically to issues for the female athlete. Its sections on 'Body & Mind,' 'Coaching the Female Athlete,' 'Parent & Family involvement' and 'Participation' offer dozens of articles on issues for women athletes that are not routinely addressed elsewhere.

Rules & Risk Management for Lacrosse

Where can you go for more specific information on the Game, or to find out more about risk management for your club or league?

9. www.NFHS.org: The **National Federation of High Schools'** web site contains detailed information on high school sports, including Rules (for Boys' Lacrosse), Sports Medicine and

Training programs for coaches and officials. It also provides direct links to all of the state high school athletic associations, your local governing body for sports and activities in your state.

10. www.NonProfitRisk.org: The **Non-Profit Risk Management Center** in Washington DC, has established a collection of excellent articles in their 'Archives' section, ranging from D&O Issues for Non-Profits, to the Myths of Volunteer Risk Management, to Safety in Youth Sports. They also offer monthly webinars, which you can attend on-line for education on a variety of topics (see 'Training').
11. www.BollingerLax.com: Tooting our own horn, we at **Bollinger** run a site just for US Lacrosse's insurance program. Click on 'Risk Management' for US Lacrosse's Risk Management manual and other links to safety and emergency planning information. The site also provides a complete summary of the insurance program for members, instructions on filing a claim and the full series of the "Insurance 101" articles.
12. www.USLacrosse.org: This list could not be complete without directing you back to **US Lacrosse's** site. Here you will find information on the History of Lacrosse, Membership registration and benefits, Rules (for the Women's and Men's games), an important new section on Science & Safety, Sport Development, and lots of details on Lacrosse events around the country. Visit, read and come back often!