

**New Jersey's  
Minimum Standards for Volunteer Coach Safety Orientation Programs  
GOVERNOR'S COUNCIL ON PHYSICAL FITNESS AND SPORTS  
CHAPTER 52  
Volunteer Coaches' Safety Orientation and Training Skills Programs  
Minimum Standards**

**SUBCHAPTER 1. MINIMUM STANDARDS FOR VOLUNTEER COACHES'  
SAFETY ORIENTATION AND TRAINING SKILLS PROGRAMS**

**5:52-1.1 Introduction**

- a. The minimum standards set forth in this subchapter identify the major topics which must be addressed in volunteer coaching managing officiating programs for safety orientation and training skills programs required for civil immunity according to N.J.S.A. 2A:62 6 et seq. The topics must be presented within the context of an educational program that addresses the perspective of the specific population(s) of athletes served (for example, young, senior, disabled, novice and skilled athletes).
- b. In order to be covered by the provisions for civil immunity as prescribed by New Jersey P.L. 1988, c. 87 (N.J.S.A. 2A:62A 6 et seq.), the volunteer athletic coach, manager or official must attend a safety orientation and skills training programs of at least a three hour duration which meets the minimum standards set forth in this subchapter. The programs may be provided by local recreation departments. non profit organizations and national/state sports training organizations. The standards apply to all volunteer athletic programs in New Jersey regardless of population served.
- c. Any organization providing a safety orientation and skills training program pursuant to these rules, shall issue a certificate of participation to each participant who successfully completes tire program.

**5:52-1.2 Medical, legal and first aid aspects of coaching**

(a) Every volunteer coach/manager educational program shall include basic knowledge and skills in the recognition and prevention of athletic injuries and knowledge of first aid. To ensure the standards are achieved, the following topics shall be included:

1. Legal and ethical responsibilities of the coach;
2. Recognizing common sports injuries specific to the populations served by the sports programs;
3. Safety plans and procedures for injury prevention;
4. Safety issues specific to the population serviced;
5. Plans and procedures for emergencies; and
6. Care and treatment of injuries generally associated with athletic activities.

### **5:52-1.3 Training and conditioning of athletes**

(a) Every volunteer athletic coach/manager educational program shall include instruction in procedures for training and physical conditioning for participation in athletic activities appropriate for the population served. To ensure the standards are achieved, the following topics shall be included:

1. General principles of fitness and conditioning; and
2. Safety issues specific to environmental conditions in sport (for example. age skill level, overtraining and staleness).

### **5:52-1.4 Psychological Aspects of Coaching**

(a) Every volunteer athletic coach/manager educational program shall stress the importance of fostering positive social and emotional environments for all sports' participants. To ensure the standards are achieved, the following topics shall be included:

1. Philosophy of coaching;
2. Psychological understanding of the individual athlete: and
3. Sportsmanship.

### **5.52-1.5 General coaching concepts**

(a) Every volunteer athletic coach/manager educational program shall include general concepts of teaching and coaching athletic activities. To ensure the standards are achieved, the following topics shall be included:

1. Goals and objectives appropriate for the population served;
2. Teaching and coaching methods;
3. Planning and managing practices and competitions;

4. Coaching fundamental sports skills; and 5. The importance of playing rules.

### **5:52-1.6 General officiating concepts**

(a) Every volunteer athletic officials educational program shall be designed to prepare the official to conduct a safely officiated, competitive experience based upon the rules of the game and the maturity level and proficiency of the athletes involved. To ensure the standards are achieved, the following topics shall be included:

1. Legal and ethical responsibilities of the official;
2. Safety issues under the control of the official;
3. Mechanics of officiating, and
4. Plans and procedures for medical emergencies.
- 5.

\*\* 1. Under Reorganization Plan No. 002 1994, filed by Governor Whitman on November 21, 1994, the rulemaking authority of the Governor's Council on Physical Fitness and Sports has been transferred to the Commissioner of Community Affairs