


COACH'S CHECKLIST

INFLUENCE SAFE CHEMICAL HEALTH DECISIONS

 Complete each checkpoint as you educate and provide awareness on safe chemical health decisions for your athletes, parents, and others in the community.



Learn from Healthcare Professionals and Educate Yourself

Speak up and ask questions about various types of prescription drugs that your athletes, parents, or others in the community might have access to. Learn about medications and have a complete understanding of safe use, storage, and disposal.



Start the Conversation With Parents and Others

Help others learn more about prescription drugs from the information you have acquired from doctors, healthcare professionals, and other credible resources. Initiate meaningful conversations that influence healthy prescription decisions.



Bring Awareness to Safe Use, Storage, and Disposal

Continue the conversation by disseminating information to others through e-mails, flyers, social media posts, and newsletters. This will highlight safe prescription use for others, and will help address the implications of improper prescription use.



Inform Community Members About Drug Take Back Locations

There are free prescription take back locations across the United States, with many offering 24/7 anonymous drop off capabilities. Inform others on how they can get involved and discard unused medications that might be lying around the house.



Get Involved in National Drug Take Back Days

National drug take back days are typically sponsored by the DEA and occur twice each year. Find ways to get your athletes, schools, and entire community participating in these events to help with safe disposal of prescription drugs.



Brainstorm Ideas With Your Athletes and Their Parents

Work with your athletes and their parents to brainstorm initiatives to get others to make healthy decisions when it comes to safe use, storage, and disposal of prescription drugs and other medications.