

COACH'S PRACTICE GUIDE

START THE CONVERSATION

Brainstorm a list of ways that you can teach methods of safe use of prescription drugs to your athletes throughout the week. Use the examples below as a reference. Set goals and see how you can work important conversations into practice and game day scenarios. **You can influence healthy decisions and behaviors by starting the conversation.**

WEEK 1

Distribute prescription education worksheets to your athletes and their parents to assess their knowledge of prescription drugs. Provide understanding for any misinformation or lack of information on the topic. Disseminate flyers and opioid identification materials to parents.

(Ideally at a pre-season meeting)

WEEK 2

Send emails and newsletters to your parents to encourage them to begin having conversations about prescription drugs with their adolescents. Help them begin incorporating methods of safe use, storage, and disposal of prescription drugs in their household.

(Utilize the coach's letter template at ilhpp.org/prescription-playbook/toolkits-coaches/)

WEEK 3

If any of your athletes experience an injury, use this as an opportunity to inform the entire team about medications that might be given to them and explain how they can safely use a medication.

(Work with athletic trainers at your school or club to help assist the conversation)

WEEK 4

Help your athletes, parents, and the larger community participate in National Prescription Take Back Day. Collaborate with local non-profits and police departments to get involved in prescription take back events.

(Suggest prescription lock box giveaways for community members)