

NMAA STUDENT-ATHLETE HEALTH AND SAFETY - SELF AUDIT



School: _____

Year: _____

General

- ☐ **Fourteen Legal Duties** – read/review/acknowledge the 14 legal duties, share with all personnel as fundamental expectations for job performance (see page 2, note 3)
- ☐ **NMAA Sports Medicine Page** – locate/review information and resources available from the Sports Medicine Page on the NMAA website
- ☐ **NMPED Coaching License** – insure that every coach has a current coaching license to insure minimum requirements are met with regard to national/state standards
- ☐ **Pre-Participation Physicals** – insure that every student athlete has a current (after April 1st of prior school year) physical form on file from an MD/DO/PA/NP/DC (NMAA 6.15)
- ☐ **Participation Insurance** – insure that every student athlete has provided proof of medical insurance coverage and the school/district has catastrophic coverage (NMAA 6.16)
- ☐ **Risk of Injury Warning** – insure that every student athlete and parent has been advised of the potential risk of injury (written forms/pre-season meetings/sport specific)
- ☐ **Pre-Competition Practice** – insure that every student athlete has 5 days of practice (FB/Spirit – 10), waivers (5 days) for participation in the preceding season (NMAA 7.6.19)

All Sports

- ☐ **First Aid, Health and Safety** – insure that all coaches have completed the NFHSLearn course First Aid, Health and Safety for Coaches (required for level 1 & 2 coaching licensure)
- ☐ **Emergency Action Plan** – insure that every practice and event staff and facility has a written emergency action plan for medical and safety emergencies (ACSL Resource, see page 2, note 4)
- ☐ **AED Units On-Site** – insure that every practice and event has immediate access to a functional AED unit that can be used in the event of a SCA (vendor info, see page 2, note 6)
- ☐ **CPR/AED Training** – insure that every practice and event staff has been trained in compression only CPR and use of an AED (AHA/ARC/PHS/ACSL/Other, see page 2, note 6)
- ☐ **Concussion Injuries** – insure that every athlete/parent/coach and non-school youth group meets the requirements of NM law for concussion education/symptoms/return to play (NMAA 7.6.20)
- ☐ **Heat Illness** – insure that all coaches are aware of heat index requirements, where to get information, and what action to take if heat illness is suspected (NMAA 7.6.21)
- ☐ **Severe Weather/Lightning** – insure that all coaches and field managers are aware of authority, criteria for suspension, and return to play guidelines (NMAA 7.9/7.10)

Sport Specific

- ☐ **Baseball Specific** – NFHS baseball regulations require that no individual pitcher pitch more than 10 innings in 72 hours and no more than 120 pitches (Sub-Varsity 105) in any one day (NMAA 7.12.1.D.)
- ☐ **Football Specific** – NMAA regulations require 10 days of pre-competition practice, restriction on weekly contact hours and “experiences” in a 5 day window, and “USA Football Heads Up” certification for Head Coaches (NMAA 7.15.1.B, 7.15.1.C, 7.15.1.K)
- ☐ **Track and Field Specific** – NMAA regulations specify student athlete event limits (7.22.1.D.) and pole vault coach certification every 4 years (NMAA 7.22.1G.)
- ☐ **Spirit Specific** – NMAA regulations require 10 days of pre-competition practice and AACCA Safety Training for coaches participating in state competition every 4 years (NMAA 7.19.5.D.4.c.)
- ☐ **Wrestling Specific** – NMAA regulations require schools/individuals to comply with the wrestling weight management program (NMAA 7.24.1.F)

Athletic Director (Print)

Athletic Director Signature

Date

*Note – checked boxes and signature indicate a review of standards, NOT an assurance of compliance, see p2, #2

NMAA STUDENT-ATHLETE HEALTH AND SAFETY – MEMBER SCHOOL SELF-AUDIT – NOTES

1. Purpose - The purpose of this instrument is to provide the NMAA member school athletic director with a tool to assess their program's status in meeting current legal standards in the area of student-athlete health and safety. Careful attention to this assessment will help insure the health and safety of the student-athletes and other participants, as well as minimizing legal risk for staff and the school/district.

2. Procedure - The NMAA member school athletic director is required to complete and submit this form no later than October 15th of each school year. Signatures are interpreted as an acknowledgement that the standards and resources have been reviewed as they apply to the local school/district, not as a guarantee of compliance to every standard/level.

3. Fourteen Legal Duties of Athletic Personnel (Coaches and Administrators) - The following categories of legal duties are generally accepted national standards derived from case law. All coaches and administrators should be aware of these standards and insure that their programs consistently meet the standards. (NIAAA Leadership Training Institute. (n.d.). *Course 504: Legal Issues in Athletics Administration I.*)

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|-----------------------------|------------------------------------|
| 1. Planning | 8. Evaluating Conditioning |
| 2. Supervision | 9. Evaluating Injury |
| 3. Selecting Coaches | 10. Matching and Equating Athletes |
| 4. Technique Instruction | 11. Medical Assistance |
| 5. Warnings | 12. Emergency Response |
| 6. Safe Playing Environment | 13. Safe Transportation |
| 7. Protective Equipment | 14. Accurate Disclosure |

4. Anyone Can Save a Life (ACSL) – ACSL is an emergency action plan program sponsored by the Minnesota State High School League, the Medtronics Foundation, and the NFHS Foundation. The program includes information and forms for after-school practices and events as well as information on Sudden Cardiac Arrest (one of the most important emergencies). The resources can be downloaded from www.anyonecansavealife.org.

5. Think Safe, Inc. – NMAA approved AED source for purchase, oversight and maintenance of AED devices

- http://www.nmact.org/file/NMAA_THINKSAFE_AED.pdf

6. CPR/AED Training (AHA/ARC/PHS/ACSL/Other) - There are several training/certification programs available to train coaching and event personnel in the areas of compression only CPR and use of an AED.

- PHS – Project Heart Start – <http://projectheartstartnm.org> (CoCPR/AED training), **recommended by NMAA** as an effective, low cost training program
- AHA - American Heart Association – www.heart.org (CPR/AED certification)
- ARC - American Red Cross – www.redcross.org (CPR/AED certification)
- ACSL – Anyone Can Save a Life – minimal training models, see note 4, above
- Other – There are other nationally recognized organizations that provide safety training including the National Safety Council, www.nsc.org