



## Health & Safety Checklist

The following checklist provides a listing of all required annual forms that should be completed and kept on file at all NCISAA schools. These forms should be available upon request.

### 1. Annual Physical-

- a. The NCISAA requires athletes obtain an annual pre-participation physical. Physicals are valid for a period of 13 months. This is done in order to detect life-threatening or disabling conditions, identify those conditions that predispose athletes to injury or disability that may require follow-up, and to provide medical clearance for participation in sports.

### 2. NCISAA Consent to Participate & Release Form-

- a. The NCISAA requires each member school to distribute, collect and retain this form for each high school student-athlete in their program. The form should be signed by the student-athlete **and** a parent or legal custodian **prior to participation**. One form will suffice for the entire year, so it is not necessary for multi-sport student-athletes to complete the form each sport season. These forms should be completed on an annual basis and made available to the State Office upon request.

### 3. Medical Coverage-

- a. A North Carolina State Licensed Athletic Trainer is required for all NCISAA playoff contests.
- b. The NCISAA highly recommends that all member schools hire or work toward hiring a North Carolina State Licensed Athletic Trainer available for all school athletic practices and contests.
- c. Resources:
  - i. National Athletic Trainers Association- <https://www.nata.org>
  - ii. North Carolina Athletic Trainers Association- <https://www.ncathletictrainer.org/>.

### 4. Automated External Defibrillator (AED)-

- a. All member schools must have an automated external defibrillator (AED) available for all athletic events.
- b. The location of the AED must be included in each school's Emergency Action Plan (EAP) posted at each specific athletic venue.

### 5. First Aid/CPR for Coaches-

- a. It is highly recommended that all coaches obtain training and certification for First Aid/CPR. The NFHS and American Red Cross provide resources that can aid in this process.

### 6. Concussion Awareness Policy-

- a. NCISAA member schools are required to comply with North Carolina's Gfeller-Waller Concussion Awareness Act.
- b. Gfeller-Waller Concussion Awareness Act Compliance-**
  - i. Each NCISAA member school is expected to comply with the Gfeller-Waller Concussion Awareness Act. All forms can be found on the Health and Safety section on the NCISAA website. See the Gfeller Waller website for more detailed instruction as well.  
(<http://gfellerwallerlaw.unc.edu/GfellerWallerLaw/gwlaw.html>)

- ii. The three areas of compliance are:
  1. **Educational Compliance**
  2. **Post-concussion Protocol/Plan Compliance**
  3. **Emergency Action Plan (EAP) Compliance**