



# NCISAA Member Schools Medical Care Requirements

The NCISAA strongly recommends the presence of a NC Licensed Athletic Trainer or Athletic First Responder at all athletic contests. Beginning in 2024-25, all NCISAA Member Schools must meet an increased Health and Safety requirement in regards to medical coverage for practices and games.

It is the strong recommendation of the NCISAA Sports Medicine Advisory Committee that all NCISAA Member Schools hire a full time **Athletic Trainer** to provide athletic healthcare. As of the 2024-25 school year, all NCISAA Schools must have an Athletic Trainer or an Athletic First Responder (AFR) for the following activities:

- A licensed Athletic Trainer or Athletic First Responder must be on-site during all **football** practices and must be physically present on the sideline of **both home and away football games**.
- A licensed Athletic Trainer or Athletic First Responder must be on-site during all **wrestling** practices and must be physically present in all competition areas during **wrestling matches**.  
*Example: Wrestling in the Auxiliary Gym and Main Gym at the same time would require two licensed Athletic Trainers or Athletic First Responders or a combination of one of each.*
- A licensed Athletic Trainer or Athletic First Responder must be on-site during all **boys lacrosse** practices and must be physically present on the sideline of **home games for boys lacrosse**.
  - "On-site" acknowledges these sports carry higher risk, but some flexibility is allowed with multiple sports medical coverage overlap.
  - **See Addendum 1.0 regarding Off Season practices.**
- A Licensed Athletic Trainer or Athletic First Responder is required for all **NCISAA state playoff events** (with the exception of golf).
- The Athletic Trainer or Athletic First Responder **may not have concurrent coaching responsibilities** during the time in which the person is working as an Athletic Trainer or Athletic First Responder.
- If a school's Athletic Trainer or Athletic First Responder is unable to provide the NCISAA required coverage, the school may secure the temporary services of a licensed healthcare professional (LHCP) as needed. **This person (LHCP) must be identified as the medical professional on-site** and must be aware of their responsibilities regarding the care of athletic injuries as well as all NCISAA Health and Safety policies and procedures. It is imperative that the Athletic Director ensures that the EAP is reviewed with the temporary LHCP. Acceptable LHCP's include; MD, PA, AT, PT, RN, EMT.  
NOTE - If this LHCP will continue providing on-site coverage on a regular basis, they must meet the requirements in place for Athletic First Responders.



## **Athletic First Responders (AFR) Requirements:**

**To perform the duties of an Athletic First Responder, the candidate must meet the following criteria;**

- Must have completed and continue to maintain current certification in cardiopulmonary resuscitation and AED use, as certified by an organization such as the American Red Cross or the American Heart Association
- Must have completed and continue to maintain current certification in first aid as certified by an organization such as the American Red Cross or the American Heart Association
- Must have completed the Athletic Injury Management Course offered by the NC Coaches Association in July or have completed the Athletic First Responder Program offered by the NCISAA SMAC and its representatives. In addition, LHCP's may take the Emergency Response for Athletes course offered by Cogent Steps.
- Must complete a minimum of 10 hours of continuing education each subsequent year

## **Athletic Trainer: Licensed Healthcare Professional (LHCP)**

**\*To perform the duties of an Athletic Trainer in NC, you must be licensed by the NCBATE**

- Athletic training encompasses the prevention, examination, diagnosis, treatment, and rehabilitation of emergent, acute or chronic injuries, and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.
- Athletic trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. Athletic trainers work under a physician's direction as prescribed by state licensure statutes. In North Carolina, an athletic trainer is a person who, under a written protocol with a physician licensed under Article 1 of Chapter 90 of the General Statutes and filed with the North Carolina Medical Board carries out the practice of care, prevention, and rehabilitation of athletes' injuries. In carrying out these functions, they may use physical modalities, including heat, light, sound, cold, electricity, or mechanical devices related to rehabilitation and treatment.
- Licensed Athletic Trainer (LAT) – In North Carolina, a Licensed Athletic Trainer is an individual who is licensed under Article 34 of Chapter 90 of the General Statutes entitling them to perform the functions and duties of an athletic trainer.



## **NCISAA Member Schools Medical Care Requirements Addendum 1.0 : Off-Season or Out-of-Season practices**

It is the recommendation by the NCISAA Sports Medicine Advisory Committee that all off-season or out-of-season practices occur during the normal hours of the current athletic schedule to allow on-site medical coverage without extending the hours/workload of the licensed Athletic Trainer or Athletic First Responder.

- Off-season or out-of-season athletes participating in practices must comply with all required documentation; current Sports Physical, NCISAA Participation Agreement, Gfeller-Waller Concussion form.
- Off-season or out-of-season practices will be provided on-site coverage only, noting that in-season sports take priority medical coverage in the event of overlapping schedules.
- Off-season or out-of-season practices that occur outside of the normal hours of the current athletic schedule may not be provided with AT/AFR coverage.
- Off-season or out-of-season Coaches running practices are required to review the EAP, be CPR/AED trained, and must maintain appropriate medical supplies to care for athletes.