



# Sports Medicine Advisory Committee

## Points of emphasis: to Athletic Directors and Administrators

### REQUIRED for Athlete participation in NCISAA:

- Annual Sports Physical or PPE - up to date signed by MD and parent. (*HIPPA compliance*)
- Annual Gfeller-Waller Athlete/Parent signed understanding form. (*State Law*)
- Annual NCISAA Consent to Participate Athlete/Parent signed understanding form.
  - \*Recommend - Annual SCA (Sudden Cardiac Arrest) Athlete/Parent signed understanding form.
  - \*Recommend - Annual Athlete/Parent Behavior Contract - ***emphasis on proper Sportsmanship.***

### REQUIRED by each NCISAA school:

- Sports Medicine Compliance updated within the NCISAA Admin portal.
- Athletic Trainer and/or Athletic First Responder noted in NCISAA Admin Portal.
- CPR / AED certification for all Head Coaches.
- EAP submitted to the NCISAA, and posted at each venue. EAP practiced annually with staff.
- AED available at all athletic events with locations noted on EAP's. AED's must be available at all times to Coaches/Staff working with student-athletes.
- Annual Gfeller-Waller understanding form signed by all Coaches/Staff working with student-athletes.
- Medical Coverage of Athletic Events - each school must meet minimum standards of care as noted by the NCISAA for the regular season and postseason playoffs and Championships.
  - \*Recommend - Annual SCA (Sudden Cardiac Arrest) understanding form signed by all Coaches/Staff working with student-athletes.
  - \*Recommend - Annual Coach/Staff Behavior Contract - ***emphasis on proper Sportsmanship.***

### Expectation, Knowledge, Education:

- Fall Heat Acclimatization Plan - 14 days, per the guidelines provided by the NCISAA.
- Heat and Humidity - WBGT data recorded daily at site with restriction per the guidelines provided by the NCISAA. ***What instrument is used? Who will evaluate and record the data?***
- Heat Illness, Heat Stroke - standard of care protocols - cool before you transport. (*cooling tub*)
- Lightning / Inclement Weather - "Seen or heard" - NCISAA policy, have a plan in place.
- Understanding of all NCISAA Health & Safety Guidelines and Available Resources.

The aim of the NCISAA's Sports Medicine Advisory Committee (SMAC) is to provide best practice education, suggestions, opinions, and recommendations in the prevention and care of injuries to student-athletes participating in NCISAA sponsored sports and activities.