



Requirements for Medical Coverage

The NCISAA strongly recommends that a NC Licensed Athletic Trainer (AT) or Athletic First Responder (AFR) be present at all athletic contests and available during practices.

The Sports Medicine Advisory Committee (SMAC) recommends that all NCISAA Member Schools hire a full time Licensed Athletic Trainer to provide athletic healthcare for student-athletes.

NCISAA Schools must have an AT or an AFR for the following activities:

- All schools with a **football** program must have an AT or AFR on site for **ALL** practices and on the sidelines for games **both home and away**.
- An AT or AFR must be available and on site during ALL **wrestling** practices and must be physically present in all competition areas during matches. *Example:* Wrestling in the Auxiliary Gym and Main Gym at the same time would require two AT's or AFR's or a combination of one of each.
- An AT or AFR must be present on site for all **boys lacrosse** practices and home games.
 - "On site" notes these sports carry higher risk, but some flexibility is allowed with multiple sports medical coverage overlap.
 - See **Addendum 1.0 Off-Season practices**.
- An AT is required for all **NCISAA state playoff events** (with the exception of golf).
- The AT or AFR **may not** have concurrent coaching responsibilities **or any other duties** while they are engaged in their role as an AT or AFR.
- If a school's AT or AFR is unable to provide the coverage required by the NCISAA, the school may acquire the temporary services of a licensed healthcare professional (LHCP). Acceptable LHCP's include; MD, PA, AT, PT, RN, EMT
 - The **temporary** LHCP must be identified to all parties as the medical professional on site. They must be aware of their responsibilities regarding the care of all student athletic injuries as well as all NCISAA Health and Safety policies and procedures. (see NCISAA Health & Safety website)
 - It is imperative that the Athletic Director ensures that the EAP is reviewed with the temporary LHCP and that all medical equipment and supplies are available. (see Standards - EAP - Equipment)
 - NOTE - If this LHCP will continue providing regular on-site coverage, they must meet the educational requirements in place for Athletic First Responders. (see Required AFR Education Requirements)



Addendum 1.0

NCISAA Medical Care Requirements for Off-Season or Out-of-Season

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/competition may be provided on-site coverage only, noting in-season sports take priority of overlap in medical coverage.
- 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 must review the EAP, be CPR/AED and First Aid trained, and must maintain appropriate medical supplies to care for athletes.