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 strongly recommends that all member schools hire or work toward hiring a North Carolina State Licensed Athletic Trainer or Athletic First Responder to be available for all school athletic practices and contests. Beginning in 2024-25, an Athletic Trainer or Athletic First Responder will be **required** at all practices and home contests for the following sports: Football, Boys Lacrosse, Wrestling. NCISAA member schools that have football programs will also be required to have their own athletic trainer or first responder at all away 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. **Beginning in 2024-25, all Head Coaches will be required to be certified in CPR and First Aid.**
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**

7. NCISAA Position Statement on APEDS

a. As educational institutions, it is imperative that our NCISAA Schools work to both educate and minimize health and safety risks to student-athletes as they relate to Appearance and Performance Enhancing Drugs and Substances (APEDS). Coaches and school personnel may never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes, must maintain ethical standards, and work to reduce liability risks.