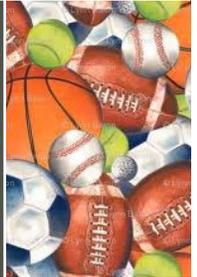


Standard Focus—Facilitating Procedures to Create a Safe Sport Atmosphere
Resources for Safe Sport Procedures and Facilities
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VHSL news



A Quarterly Newsletter for Coach Development

Coaches Corner



current topics >>>

Focus on the National Coaching Standards

The current issue focuses on the National Coaching Standard in Domain 7—Facilitating compliance with standard operating procedures that foster a safe sport atmosphere.

As written in the National Standards for Sport Coaches published by SHAPE America, the coach should use a variety of strategies to evaluate athlete motivation and individual performance as they relate to season goals.

For more information on the National Standards for Coaches go to

<http://www.shapeamerica.org/>

The Importance and Design of Emergency Action Plans for Athletics

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Bridgewater College

An emergency action plan (EAP) is a critical component to athlete safety at all levels of sports participation. The EAP should be designed to function as an institutional and venue specific guide in how responders (e.g., coaches, athletic trainers, physicians) should properly manage a medical emergency situation. Medical emergencies that institutions face can range from a shoulder dislocation to an athlete who is suffering from heat stroke. Regardless of the severity of the injury or medical condition that the athlete is suffering from, a well-developed and executed EAP can play a significant role to ensure proper patient management and provide a higher level of positive patient outcome, which in some cases can be the difference between life and death.

An EAP should include critical components such as (but not limited to):

- ⇒ personnel involved in responding to the emergency;
- ⇒ each responder's role and responsibility;
- ⇒ emergency equipment and supplies available;
- ⇒ emergency procedures; and
- ⇒ venue specific addresses to provide to emergency medical services (EMS).

The emergency procedures included within the EAP should provide step-by-step procedures for responders to follow in the event of a medical emergency involving an athlete. Including these step-by-step procedures is a key component to the EAP, but simply having these written down is not enough to ensure the timely and appropriate care for the athlete in the midst of a medical emergency. Therefore, it is highly recommended that the EAP is re-



Emergency Action Plan Design

Continued

viewed and rehearsed frequently (at least annually) by all potential responders to ensure that emergency protocols are current with best-care emergency practices and that each responder is comfortable with executing their role in the event of an emergency.

While an EAP is not typically designed to address every single type of injury or

condition that an athlete can suffer when participating in practice or games, injuries and conditions that require unique management may need to be incorporated into the EAP. A few examples of unique injuries or conditions include heat stroke, diabetic emergencies, cardiac arrest, lightning strikes, and spinal injuries. If unique cases such as these are not found within the EAP, then they should at the very least be included as part of the organization's coaches handbook and/or athletic training standard operating procedures manual.

In addition to the importance of the contents and review/rehearsal of the EAP, appropriate dissemination of the EAP document and

communication with all potential responders is a paramount action for successful execution of the

EAP. This dissemination and communication of the EAP should certainly include coaches, athletic trainers, and administrators at the school, but it's also important that local EMS personnel, physicians, and county/city safety officials are aware of the EAP. It is also recommended that venue-specific EAP information be posted and visible at all athletic sites. Including the posted location of the EAP at each athletic location is also a helpful and useful component to the EAP rehearsal process. For more extensive and detailed information regarding the development and implementation of EAPs, please refer to the National Athletic Trainers' Association Position Statement: Emergency Planning in Athletics (Anderson, Courson, Kleiner, & McLoda, 2002).

References

Anderson, J.C., Courson, R.W., Kleiner, D.M., & McLoda, T.A. (2002). [National Athletic Trainers' Association Position Statement: Emergency Planning in Athletics](#). *Journal of Athletic Training*, 37(1). p. 99 – 104.

NATA recommends that Emergency Action Plans should be reviewed and rehearsed annually.



Additional Resources for Emergency Action Planning

The National Athletic Training Association (NATA) provides information on best practices for EAPs and a general framework—<http://www.nata.org/sites/default/files/white-paper-Emergency-Action-Plan.pdf>

The Matthew Gfeller Sport-Related TBI Research Center provides information regarding EAPS as they relate to concussions—<http://gfellerwallerlaw.unc.edu/GfellerWallerLaw/eap.html>

NATA also provides a general EAP template for athletic facilities managing non-sport related injuries (e.g., fire) - <http://www.nata.org/emergency-medical-plan/emergency-action-plan-athletic-facilities>



Resources for Safe Sport Procedures and Facilities

COLLECTED BY LORI GANO-OVERWAY, Ph.D., BRIDGEWATER COLLEGE



their athlete's safety. The checklist also includes some helpful reminders for coaches to consider in creating a safe environment. The organization, Stop Sport Injuries, has a downloadable [Coaches Curriculum](#) that covers a variety of topics from over-use injuries to heat illnesses. They also provide [Injury Prevention Tip Sheets](#) for a variety of sports (warning it may work better on a mobile device than a PC).

the Sports Turf Mangers Association. This site provides facility checklists for soccer, football, softball and baseball fields as well as health and safety information delivered by USA Football.

Athletic Event Security

The National School Safety and Security Services provides some general information to determine event risk and strategies for improving [School Athletic Event Security](#). A more comprehensive review of event security, including best practices, can be found at [Athletic Business](#). You do need to register with the site but it is worth it as you get a 175 page document outlining risk and threat assessment, sport facility design, technology use, emergency action planning, game day preparations, and crowd management.

There are several quality resources readily available online for coaches to learn about developing safe sport procedures and maintaining safe facilities. Here are just a few resources that may be a useful starting point.

Preventing Sport Injuries

The National Athletic Training Association along with the North American Booster Club Association has produced a [Sport Safety Checklist](#) that is useful for coaches to share with parents regarding their role in

Facility Maintenance

The National Interscholastic Athletic Administrators Association (NIAAA) has recently published a book that covers a wide array of administrative components ideal for the athletic administrator. However, there is also useful information for coaches. For example, this link, [Facilities Maintenance](#), provides coaches with key points to check at a facility before beginning practice. Another resource to review is the [Safety Section](#) from

ask the experts >>>

Q: Are there free on-line courses that I could take to learn more about creating a safe sport environment?



A: Yes! Human Kinetics just announced a partnership with Sport Safety International to offer free courses on concussions, heat illnesses, and sudden cardiac arrest (<http://www.sportsafetyinternational.org/coaches/>). The National Federation of State High School Associations also offers similar safety courses (<https://nfhslearn.com/courses>). Finally, the USOC offers SafeSport Training (<http://safesport.org>) to educate coaches on appropriate and safe conduct when working with athletes.

Mark Your Calendar!

Winter Championships Begins
Feb. 18

Spring Dead Period
Feb. 22-Mar. 2

Spring Practices Start
Feb. 22

For more information go to
www.vhsl.org



finalthoughts...

This newsletter is brought to you thru collaborative efforts of the VHSL Coaches Education Committee and the Virginia Colleges and Universities that support the positive professional development of scholastic coaches throughout Virginia.

VHSL News

2016 VHSL Student Leaders Conference (SLC) April 15-16 at South Lakes High School

Help further develop your team leaders by having them attend. Conference includes:

- Break-out sessions that encourage local & global leadership
- Activities to hone leadership skills in your school & community
- Easy to implement team building activities
- Opportunities for idea sharing and networking

Registration:

- \$65 per student and \$35 per adult adviser (prior to March 6)
- \$85 per student and \$40 per adult adviser (March 7-April 1)
- Late Registration: After April 1, registrations accepted as space is available (\$95 per student and \$45 per adult adviser)

Any questions and inquiries, please contact:
Lisa Giles, VHSL Assistant Director, 434-977-8475

Look for more information coming soon on the VHSL website!

Contact us at **434-977-8475**

www.vhsl.org



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Virginia High School
League



coming soon >>>

In The Next Issue

Focus on Standard

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Book Review

Ask the Experts

2016 National Coaching Conference

The 2016 National Coaching Conference will be held at the University of Washington's Husky Stadium in Seattle, Washington on June 21-23. The program will focus on practical application of research-based coaching information and best practice models that demonstrate the integration of sport science knowledge related to athlete and coach well-being, development and performance at all levels of sport from participation through peak performance

Details regarding program registration will be available in the Spring at the SHAPE America website: <http://www.shapeamerica.org/events/coachingconf/index.cfm>