

Do you work in middle school athletics?

Do you know where to look for health and safety information?



Middle School Athletics Health and Safety Recommendations

This tool kit is to help you find health and safety best practice information for middle schools.

Use these helpful links:

1. [Athletics | NC DPI](#)
2. [NCHSAA – Health & Safety](#)
3. [NCISAA – Health & Safety](#)

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Middle School Health and Safety - Top 5:

1. EAP's/ AED's:

Making sure you have an emergency action plan (EAP) set in place for your school is crucial. Each facility/court/field is recommended to have its own EAP, including game and practice facilities. List all AED locations on the EAP as well as making sure all personnel have access to AED's. Ensure all staff know the EAP and that the EAP is practiced with the staff before each season.

2. Lightning Policy:

NCISAA, NC DPI, and the NCHSAA follow the same guidelines. The hear it, see it model is still the most practical. If you have a lightning tracking app you can use it for a 10-mile radius, but this is still not always a reliable method. Guidelines can be found in the drop downs on each site.

3. Heat Guidelines:

NCISAA, NC DPI, and the NCHSAA follow the same guidelines. implementing a wet bulb globe temperature reading (WBGT). If you do not have a WBGT, you can use weather apps which have a WBGT setting when using location services. Note, these are not field/court/facility specific. Guidelines can be found in the drop downs on each site. Acclimatization protocols are also available to ensure MS student athletes have time to adjust to the heat.

4. Gfeller-Waller Concussion Guidelines - Return to Learn and Play:

When a concussion occurs, it is imperative that the student athlete has a full return to learn and return to play progression. The Gfeller-Waller act is North Carolina state law for athletics

5. Documentation:

It is best practice that when an injury occurs, all information is documented. What happened, when it happened, what the student states, what you did to help, assistance from others, when EMS was called, etc. From beginning to end, all information should be recorded to protect yourself, your school, and most importantly, the student-athlete. Attached is a sample documentation form that can be used.

Injury Documentation (example)

Name: _____ Event: _____.

DOB: _____ Examiner: _____.

Location: _____ Sport: _____.

Date/ Time: _____ EMS/EAP activated: _____.

Subjective Information
(What you were told)

Objective Information
(What you saw)

Assessment
(What is injured)

Plan
(What you did)

Parent/Guardian: _____

Date: _____.

Examiner Printed Name: _____

Date: _____.

Signature: _____

Date: _____.