



National Interscholastic Athletic Administrators Association

Position Statement: Importance of Student Safety in Education-Based Athletics

WHEREAS the National Interscholastic Athletic Administrators Association (NIAAA) believes the health and safety of student-athletes involved in school athletic programs is of the highest priority; and

WHEREAS the NIAAA encourages all schools and/or school districts to implement best practices for program execution, supervision, and risk management; therefore,

BE IT RESOLVED that the NIAAA provides the following information as a resource for developing best practices, guidelines, and standards for schools to protect their student-athletes.

Coaches Education

National Federation of High School Sports: www.NFHSlearn.com

Health and First Aid

NFHS Sports Medicine Resources: <http://www.nfhs.org/resources/sports-medicine/>

Korey S. Stringer Institute: www.ksi.uconn.edu

The American Heart Association: www.heart.com

The Centers for Disease Control and Prevention: www.CDC.gov

Play Smart. Play Hard.: <http://playsmartplayhard.org/>

First Aid, Health and Safety Course: <https://nfhslearn.com/courses>

NIAAA LTI 617 Sports Medicine Programs: <https://members.niaaa.org/page/LeadershipTraining>

Emergency Action Plans

Korey S. Stringer Institute: <http://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/03/KSI-EAP-Template-Fill-In.docx>

NIAAA LTI 631 Emergency Management of Interscholastic Athletic Events:
<https://members.niaaa.org/page/LeadershipTraining>

Concussion Education & Management

Concussions in Youth Sports: <http://www.sanfordhealth.org/services/concussions>

Benefits of Good Concussion Management:
http://www.concussiontreatment.com/images/REAP_Program.pdf

Sample Return to Competition Form: <https://www.sdhsaa.com/Portals/0/PDFs/Athletics/Health-Safety/SampleReturntoCompetitionForm.pdf>

Concussions in Sports: <https://nfhslearn.com/courses>

Suggested Guidelines for Management of Concussions in Sports
<https://www.nfhs.org/media/1020401/suggested-guidelines-for-management-of-concussion-in-sports-april-2019-final.pdf>

A Parent's/Guardian's Guide to Concussions: <https://www.nfhs.org/media/1020398/a-parents-guardians-guide-to-concussion-april-2019-final.pdf>

Facility & Event Emergency Management

Safe Sport Zone: www.SafeSportZone.com.

Lightning Safety: <https://www.sdhsaa.com/Portals/0/PDFs/Athletics/Health-Safety/LightningSafety.pdf>

Guideline on Handling Practices and Contests During Lightning or Thunder Disturbances:
https://www.nfhs.org/media/1014153/guidelines_on_handling_practices_contests_during_lightning_thunder_disturbances_march_2018.pdf

Heat Illness Education

NFHS Heat Illness Prevention Course: <http://nfhslearn.com/courses/34000>

Korey S. Stringer Institute: https://ksi.uconn.edu/wp-content/uploads/sites/1222/2019/09/Exertional-Heat-Illness-Policy-Procedure_Final.docx

Heat Related Illness: <https://www.sdhsaa.com/LinkClick.aspx?fileticket=fzHUXT36wDU%3d&tabid=634>
Heat Index Calculator:
<https://www.sdhsaa.com/Athletics/HealthSafetyIssues/HeatIndexCalculator.aspx>

Sport Nutrition

NFHS Sport Nutrition Course: <https://nfhslearn.com/courses/61141/sports-nutrition>

Mental Health

Student Mental Health and Suicide Prevention: <https://nfhslearn.com/courses>

Cardiac Arrest

Sudden Cardiac Arrest: <https://nfhslearn.com/courses>

Vaping

Understanding Vaping and E-Cigarettes: <https://nfhslearn.com/courses>