

NCAA Division II Summer Workout Rule Change: CHECK-LIST

3/2/15

1.	<p>How is our institution prepared to meet the NCAA Division II Prop #2015-15 (No. 2-14) approved regarding summer workouts as of 6-1-15?</p> <p><i>In fall championship sports (including golf and tennis for those institutions that conduct the championship segment during the fall semester), to specify that beginning June 1 through the conclusion of an institution's summer vacation period, strength and conditioning personnel may design and conduct workout programs for student-athletes as specified.</i></p> <p>Do you have an adequate number of strength and conditioning personnel to conduct multiple sessions per day and the appropriate supervision for mass participants?</p>	Response:		
2.	Have you spoken to your Athletic Director as needed regarding this rule and discussed a plan of action as noted in the items and topics found in this check list?	YES	NO	Meeting Date and Response:
3.	Will your institution require the presence of an athletic trainer during these workouts?	YES	NO	Response:
4.	If your institution requires the presence of an athletic trainer, what is the contingency plan if the athletic trainer is not available? Will the workouts be canceled?	YES	NO	Response:
5.	<p>Have you determined the increase in workload on the athletic trainer with implementing summer workouts? The Appropriate Medical Coverage in Intercollegiate Athletics (AMCIA) document can be used to determine this change. http://www.nata.org/appropriate-medical-coverage-intercollegiate-athletics If you do not know how to use the document to determine increase in workload contact your CUATC District representative or a mentor listing at NATA Website.</p> <p><i>*Specifically this will increase the % of year team is on campus working out.</i></p>	YES	NO	AMCIA Effect:
6.	If your institution's athletic training staff is on a 9 or 10 month schedule, does your institution compensate for the additional workload to the athletic training staff?	YES	NO	Response:
7.	If the athletic trainer is not present and/or not required to be present for strength & conditioning workouts, what plan will you have in place for the evaluation, treatment, rehabilitation and decisions on return to play for injuries that may occur to student athletes? <i>Specifically is there a plan in place for referring injured or ill athletes to a physician's office or medical care facility?</i>	YES	NO	Response:

8.	With the increased number of activities regarding the permitted summer strength and conditioning sessions, will additional funding be placed in the athletic training budget to account for the increased need for medical supplies and services?	YES	NO	Response:
9.	Has the Strength & Conditioning personnel and the administration overseeing strength and conditioning personnel implemented the following <i>“The Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions Best Practices Recommendations”</i> ? http://www.nata.org/sites/default/files/preventingsuddendeath-consensusstatement.pdf	YES	NO	Response:
10.	Are the athletic administration and members of the coaching staff at your institution aware of the best practice regarding student-athlete health and safety as noted on page 6 in the 2014-15 NCAA Sports Medicine Handbook under <i>Guideline 1A Sports Medicine Administration</i> ? <i>A member of the institution’s sports medicine staff should be empowered to have the unchallengeable authority to cancel or modify a workout for health and safety reasons, as he or she deems appropriate. A member of the institution’s sports medicine staff should be empowered and protected when reporting events thought to endanger a student athlete or conflict with the institution’s medical care and safe environments policies.</i>	YES	NO	Response:
11.	Does the institution require and have documentation that strength & conditioning coaches have current First Aid and CPR/AED certification by ARC, AHA or other nationally recognized organization?	YES	NO	Response:
12.	Will the strength and conditioning coach be required to have education in the following: Lightning Safety, Sickle Cell Disease, Care and Prevention of Heat Exhaustion and Heat Stroke, Bloodborne Pathogens, Concussion Management, Rhabdomyolysis and the Emergency Action Plan? <i>Educational power points on these and other topics can be found at: http://www.nata.org/CUATC</i>	YES	NO	Response:

13.	<p>Are new student-athletes allowed to participate in these workouts? If so do you have a system in place to make sure all medical requirements (pre-participation examination, sickle cell test, education on concussion and other medical issues such as heat illness etc...) are completed before they are able to work out?</p> <p><i>Please reference emergency legislation attached to 2015-16 that changes bylaw 17.1.5.2 to read: Mandatory medical evaluation prior to participation in voluntary athletic related activity. Prospective and current student athletes must satisfy the mandatory medical examination requirements in bylaws 17.1.5 and 17.1.5.1 prior to participation in permissible voluntary summer conditioning workouts designed or conducted by institutional strength and conditioning personnel, voluntary individual workout session in individual sports or voluntary individual workouts pursuant to the sport-specific safety exception.</i></p>	YES	NO	Response:
14.	Will student athlete emergency contact information, a first aid kit and AED be readily accessible per the Emergency Action Plan (EAP) for use should an emergent event take place?	YES	NO	Response:
15.	Do you have a written heat illness policy that includes guidelines for summer practice? Will there be adequate means of hydration and fluid replacement on-site for the participating student-athletes?			
16.	Do you have an inclement weather policy (e.g. lightning, tornado, air pollution, heat index, etc)?	YES	NO	Response:
17.	<p>Will a student athlete who is injured in these workouts be covered by the College/University insurance plan?</p> <p>Determine if the insurance policy would be subject to an increased premium due to the increase in risk and exposures. If the plan does not cover the summer months, what would need to be done to amend it, and determine if and by how much that would adjust the premium.</p>	YES	NO	Response:
18.	Has the college or university performed a risk management inspection of the weight room(s) facilities and outside fields to ensure a safe environment?	YES	NO	Response: