



## **SECONDARY SCHOOL SPORTS SAFETY POLICIES: BY THE NUMBERS—March 2016 Status Report**

### **Emergency Action Plans (EAPs)**

- 28 percent of states meet the recommendation that every school or organization that sponsors athletics develop an EAP for managing serious and or potentially life-threatening injuries; a 6 percent improvement from the 2014-2015 school year.
- 12 percent of states meet the recommendation that every school has a written EAP that is distributed to all staff members.
- 14 percent of states fulfill the recommendation that the EAP is specific to each venue and includes maps and/or specific directions to that venue; a 4 percent improvement from the 2014-2015 school year.

### **Automated External Defibrillator (AEDs)**

- 92 percent of states meet the recommendation that AEDs be used under the advice and consent of a physician by individuals with proper training and certification.
- 50 percent of states meet the recommendation that all athletic trainers, coaches, administrators, school nurses and physical education teachers have access to an AED on school property and at all school sanctioned athletic events/activities.
- 86 percent of states satisfy the recommendation pertaining to individuals being provided annual training and certification in cardiopulmonary resuscitation (CPR) and AED use.
- 66 percent of states comply with the recommendation that AEDs be used only after enacting the EMS system. Another athletic training staff member, coach, athlete or bystander can perform this action.
- 78 percent of states fulfill the recommendation that AEDs be inspected frequently to ensure proper working order. This includes making sure the batteries are charged and wires and electrodes are in good condition.

### **Concussions**

- 100 percent of states require that preseason education for personnel, coaches, athletes and parents on the basics of concussion should be tailored to the group (i.e. that helmets do not prevent cerebral concussions, signs/symptoms, treatment, testing options, RTP); a 2 percent improvement from the 2014-2015 school year.
- 98 percent of states require that high school athletes suspected of sustaining a concussion not being permitted to return to a practice, game or activity involving exertional activity on the same day; a 4 percent improvement from the 2014-2015 school year.
- 98 percent of states require that athletes suspected of a concussion should not being permitted to return to participation until receiving a written release from a licensed physician or athletic trainer; a 4 percent improvement from the 2014-2015 school year.
- 44 percent of states require that a graduated return to play protocol consisting of at least five steps with no more than two steps occurring on one day is implemented for athletes returning back to activity from a concussion; a 24 percent improvement from the 2014-2015 school year.

### **Heat Acclimatization**

- 15 of the 50 states currently meet evidence-based minimum best practices; a 2 percent improvement from the 2014-2015 school year.
- 54 percent of states comply with the recommendation that during days one and two of first formal practices, a helmet should be the only protective equipment permitted (if applicable). During days three to five, only helmets and shoulder pads should be worn. Beginning on day six, all protective equipment may be worn and full contact may begin. Football only: on days three to five, contact with blocking sleds and tackling dummies may be initiated. Full-contact sports: 100 percent live contact drills should begin no earlier than day six; a 20 percent improvement from the 2014-2015 school year.
- 48 percent of states meet the recommendation that total practice time should not exceed three hours in any one day; a 20 percent improvement from the 2014-2015 school year.
- 36 percent of states fulfill the recommendation that an athletic trainer be on site before, during and after all practices, because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high; an 8 percent improvement from the 2014-2015 school year.



#### **Wet Bulb Globe Temperature (WBGT)**

- 62 percent of states meet the recommendation that all schools have a heat modification policy; a 20 percent improvement from the 2014-2015 school year.
- 50 percent of states comply with the recommendations that the policy includes modification of protective equipment (helmet, shoulder pad, etc.), if applicable to the sport; a 4 percent improvement from the 2014-2015 school year.
- 42 percent of states meet the recommendation that the policy includes modification of total practice time; a 4 percent improvement from the 2014-2015 school year.



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