



Governing Body Structure



Policy:

A deliberate system of principles to guide decisions and achieve outcomes. A policy is a statement of intent, and is implemented as a procedure or protocol.

Procedure:

A procedure is an act or a manner of proceeding in any action or process; conduct. For the purposes of this document a procedure is a suggested process that describes how each policy be put into action





Governing Bodies/ Task Force Members Agree to Recommend the Following:

1. Emergency Action Plans be put in place by all member leagues and will provide templates and assistance in the development of these plans
2. Acquire- a strategic plan (if not in place currently) direct member organizations to resources for appropriate emergency equipment or services
3. Develop a structure to provide education and training for all level of members
4. Make training and education on best practices available for everyone/parents/athletes/coaches/officials/league commissioners
5. Develop educational training and certification reporting system for member organizations and coaches
6. Develop reporting structure to monitor non0compliance
7. Provide educational plan to train members/organization who will train member coaches on EAP training





EMERGENCY ACTION PLANS





EAP Policy Recommendations

1. Establish venue-specific EAPs.
2. Establish an efficient venue-specific communication system.
3. Provide access to emergency equipment as soon as possible to each athletic venue
4. Recommend training in first aid and CPR/AED, for member leaders and member coaches (training of officials, parents, and athletes is encouraged)
5. Educate member coaches about recognition of emergency situations and factors that increase risk for catastrophic injury or sudden death.
6. Review the general EAP annually or as needed.





SUDDEN CARDIAC ARREST



Cardiac Policy Recommendations

1. Have a comprehensive cardiac emergency policy in place in accordance with the recommendations of the governing body.
2. Recommend that athletes undergo cardiovascular screening before participation in sport.
3. Move towards having an AED on site and readily available within an efficient amount of time for all organized events or develop a strategic plan to improve AED application time.
4. At minimum educate member leaders and member coaches on the proper steps to manage sudden cardiac arrest on an annual basis.



EXERTIONAL HEAT STROKE





EHS Policy Recommendations

1. Have a heat acclimatization program and implementation guide in place prior to the start of training for sport when applicable
2. Have a medical management plan for the care of heat related stroke.
3. Provide education for member leaders, coaches, athletes, parents and other staff on a regular basis
4. Have a plan to assess environmental conditions to prevent heat related illnesses including heat stroke.
5. Have a return to play plan for athletes who have recently suffered from exertional heat stroke.



OTHER KNOWN MEDICAL CONDITIONS –

ASTHMA & ALLERGIC REACTIONS



Policy Recommendations

- Consider the importance of education to encourage disclosing potentially threatening medical conditions to member coaches
- Encourage the parents/guardians of member athletes to disclose potentially life-threatening medical conditions
- Encourage parents/guardians of member athletes to provide their child with appropriate self-administering medication (i.e. inhaler or epi-pen)





LIGHTNING



Lightning Policy Recommendations

- Create and enforce a comprehensive lightning safety policy.
- Enforce ‘when thunder roars, go indoors’ – meaning when an individual hears thunder, practice or competition should cease immediately and secure shelter should be found.
- Identify the appropriate and nearest safe shelters within the EAP



CATASTROPHIC BRAIN AND NECK INJURIES





Brain and Neck Policy Recommendations

- Have a comprehensive medical-management plan and policy
- Educate member coaches, athletes, parents and other pertinent members regarding the plan and policy on a regular basis
- Recommend proper use, fit, and wear of protective equipment such as helmets
- Recommend that management of any head or neck injuries, including those that do not require emergency medical treatment, are directed to appropriate medical personnel
- Recommend that member coaches never return an athlete to play who is suspected of a serious head injury including concussion or neck injury





RECOMMENDED MEDICAL SERVICES FOR SPONSORED ACTIVITIES AND LARGE EVENTS





Medical Services Policy Recommendations

- A plan is established to provide access to appropriate medical services such as athletic trainers or other emergency services for NGB sponsored events, NGB sanctioned events, or events where NGB staff are present.
- Member organizations consider implementing a plan to access appropriate and adequate medical services, such as athletic trainers or other emergency services, for activities including practices and competitions.



Hurdles and Successes

- Reason for difficulty with mandates include:
 - extremely large rates of participation
 - (US Soccer vs Lacrosse)
 - a wide range of ages
 - budgetary restrictions
 - geographic location
 - lack of internal administration
- No medical care, therefore recommendations are focused very differently

Next Steps

- January 2017, 3rd annual meeting
- Published paper with these guidelines
- Application/potential application for large scale events in youth sport safety
- Potential for continued collaborative efforts within national youth sport governing bodies
- Improved enforcement of governing bodies