

Sports Safety

With the new school year approaching, there comes with it unique activities and exposures for school sports. Review your staff's training needs to handle emergencies as well as everyday exposures related to students and athletic activities. Also, review your concussion policies and protocols to assure they are up to date.

Key Areas for Sports Safety

1. Signs and symptoms of a concussion – A concussion is not visible. Signs and symptoms of a concussion can show up immediately after the injury or may not appear or be noticed until days after the injury. If a student reports **one or more** symptoms of a concussion listed below, or if staff notices symptoms, keep the student out of play and seek medical attention right away per district policy.

<p>Appears dazed or stunned Is confused about assignment or position Forgets an instruction Is unsure of game, score, or opponent Moves clumsily Answers questions slowly Loses consciousness (<i>even briefly</i>) Shows mood, behavior, or personality changes Can't recall events <i>prior</i> to hit or fall Can't recall events <i>after</i> hit or fall</p>	<p>Headache or "pressure" in head Nausea or vomiting Balancing problems or dizziness Double or blurry vision Sensitivity to light or noise Feeling sluggish, hazy, foggy, or groggy Concentration or memory problems Confusion Just not "feeling right" or is "feeling down"</p>
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2. First Aid/CPR

Coaches with an occupational exposure should be provided with periodic training in first aid/CPR and bloodborne pathogens exposure control.

Ensure that all first aid kits are well stocked and kept up to date. In addition to standard first aid supplies, the following items should also be kept in all first aid kits:

- First-aid manual or emergency/CPR flashcards
- CPR mouth barrier or pocket mask (such as a Microshield X-L Mouth Barrier)
- Surgical gloves
- Medical release forms
- List of emergency phone numbers (paramedics, hospital emergency room)



Additional resources and information are available through ASCIP's website and through your ASCIP Risk Services consultant.