

# **AISA RISK MANAGEMENT PROGRAM FOR LOCAL LEVEL SPORTS**

Each member school is encouraged to develop and implement a risk management program for its sports program. The Athletic Director in conjunction with the school administrator, doctors, athletic trainers, and coaching staff must develop this program with primary emphasis on: 1) reducing the chance of injury to the athlete; 2) Proper care and treatment of the injured athlete; 2) Proper care and treatment of the injured athlete; 3) Reducing the chance of legal action against the program.

Concern for the well being of each individual must be the top priority of this program.

Program policy and procedure statements must be written covering (but not limited to) the following critical areas:

## **I. Participation Requirements for the Student-Athlete:**

### **A. The following information must be current and on file for each participant:**

1. Medical history data
2. Annual medical physical examination
3. Injury record and treatment
4. Off-season conditioning program participation data
5. Physical performance record on required test
6. Parent's permit to participate
7. Parent's Consent to Treat Form
8. Insurance coverage

## **II. Parent/Student-Athlete Awareness**

### **A. Scheduled joint meeting of parents and athletes prior to the start of each sport season.**

#### **1. Inform parents and students about the following:**

- a. The possibility of injury (even the catastrophic injury) while participating - Be specific;
- b. Equipment care, use, and limitations;
- c. Conditioning requirements;
- d. Diet and health habits;
- e. Fundamentals and techniques to be taught;
- f. Injury treatment and rehabilitation;
- g. Insurance coverage;
- h. Specific rules of the sport;
- i. Individual accountability of the athlete;
- j. Signed statement of understanding and permission to participate by parents.

## **III. Equipment, Apparatus, and Facility Safety Checks:**

### **A. Regularly scheduled safety checks on all:**

1. Athletic facilities;
2. Athletic apparatus;
3. Athletic equipment;
4. Player protective equipment

- B. Keep accurate records of these safety checks.
- IV. Player Equipment:
- A. Purchase quality products.
  - B. Proper fitting of all equipment
  - C. Player orientation on care, use, limitations, and personal checks of all equipment issued.
  - D. Procedure to follow when equipment problems are noted
  - E. Re-certify all protective equipment annually.
- V. Climate and Atmospheric Conditions:
- A. Heat and humidity effects on players
  - B. Preventive measures pertaining to heat problems
- VI. Conditioning Programs Off-season/In-season
- A. Participation requirements
  - B. Performance records maintained
  - C. Program objectives - flexibility, strength, and agility
- VII. Handling the Injury
- A. Immediate procedures
  - B. Available professionals - Trainer - Doctor
  - C. Emergency/professional care contacts
  - D. Record all data available if catastrophic
  - E. Treatment and rehab
  - F. Media releases
- VIII. Insurance Program
- A. All athletes must be covered by basic and catastrophic insurance.
- IX. Staff Development
- A. Total program review and update
  - B. Specific duties and responsibilities
  - C. Rules review and update - clinic attendance
  - D. Keep administrator informed
  - E. Keep accurate minutes and/or record meetings.
  - F. Volunteer coaches attendance required
- X. Supervision Requirements
- A. Coach must be on site in a supervisory capacity at all times when athletic equipment, facilities, and/or apparatus is in use.
  - B. The AISA strongly recommends that a certified CPR person be on site for all practice sessions, games, and conditioning drills.

Factually stated - Any school which develops and implements a RMP will be on top of their game.