



Responsible Office: Office of School Performance

BOARD POLICY 5345

PREVENTION AND TREATMENT OF SPORT RELATED INJURIES

PURPOSE

The Board of Trustees (“Board”) recognizes the importance of athletics and other activities as an integral component of a student’s complete educational development. The health and safety of student participants is of utmost concern. The Washoe County School District (“District”) shall partner with staff, coaches, and the community to ensure student-athletes follow appropriate safety protocols, to include those related to concussion/head injury, cardiac care, and heat acclimatization. This policy and any associated documents shall provide guidance related to the prevention and treatment of sport related injuries.

POLICY

1. Guiding Principles

- a. It is the intention of the Board to give the health and safety of student-athletes the highest consideration in planning and conducting athletic activities. The District shall implement and utilize universal precautions for the prevention and treatment of injuries and other health concerns.
- b. All athletic teams shall be supervised by qualified coaches to ensure that student athletes receive appropriate instruction and guidance related to safety, health, training and preparation for competition. Athletic events shall be officiated by qualified personnel.

2. Guiding Practices

- a. The principal or designated site administrator is responsible for the supervision, well-being, and safety of all participants in school-sanctioned activities.
- b. The role of the coach is to assist student-athletes in developing to their fullest potential. This includes analyzing student performances, instructing relevant skills, and providing encouragement.
 - i. The term coach refers to individuals employed by the District for the purpose of supervising a team or organization.

- c. No student participant should be encouraged or permitted by the coach, athletic trainer, or other staff to engage in any unreasonably dangerous athletic technique that unnecessarily endangers the health of the student, including using a helmet or any other sports equipment as a weapon.
- d. Each student participating in an extracurricular athletic activity must complete the District's athletic clearance process, to include a medical examination.
- e. The District shall, to the extent possible and practicable, provide information and/or training to coaches/advisors, student-athletes, and their parents/guardians related to:
 - i. Recognizing the symptoms of potentially catastrophic injuries, including head and neck injuries, concussions, injuries related to second impact syndrome, asthma attacks, heatstroke, cardiac arrest, and injuries requiring use of a defibrillator; and
 - ii. The risks of using dietary supplements designed to enhance or marketed as enhancing athletic performance.
- f. The District shall ensure appropriate safety precautions are in place during practices and competitions to protect the health and welfare of student-athletes. This includes, but is not limited to:
 - i. Concussion Management Program to reduce the risk of injury to a student due to a concussion or head injury. (See Administrative Regulation 5306) Information regarding the District's Concussion Management shall be provided to each student-athlete and his/her parent/guardian as part of the athletic participation packet.
 - ii. Heat Acclimatization. Student athletes will be exposed to hot weather conditions in a safe manner to enhance heat tolerance and the ability to exercise safely and effectively in warm to hot conditions.
 - iii. Sudden Cardiac Arrest. All athletic coaches in the District shall be trained in cardio-pulmonary resuscitation (CPR) and the use of an Automated External Defibrillator (AED).
 - iv. Controlled Substances. The District recognizes that the use of controlled substances, to include anabolic steroids or performance enhancing substances, presents a serious health hazard to students. Teachers, coaches and the administrative staff shall make every effort to ensure that students do not begin or continue the use of controlled substances, anabolic steroids, or performance enhancing substances.

DEFINITIONS

1. NIAA (Nevada Interscholastic Activities Association). The NIAA is the governing body of high school athletics and activities in the State of Nevada.
2. Concussion. A concussion is a traumatic brain injury that alters the brain functions.
3. Second-impact syndrome (SIS). SIS occurs when a person suffers a second concussion before symptoms from an earlier one have subsided. The second impact may occur minutes, days or weeks after an initial concussion and may lead to severe swelling of the brain.

DESIRED OUTCOMES

1. Through this policy, the Board of Trustees conveys its intent that:
 - a. All participants and teams will represent the school and community in a positive manner and will reflect the dedication and hard work that will be required to participate and be successful.
 - b. Success will not be measured by records that are achieved but rather by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability and demonstrates positive, personal growth.

IMPLEMENTATION GUIDELINES AND ASSOCIATED DOCUMENTS

1. This document reflects the goals of the District's Strategic Plan and aligns/complies with the governing documents of the District, to include:
 - a. WCSD High School Activity / Athletic Handbook
 - b. WCSD Middle School Activity / Athletic Handbook
2. This document complies with Nevada Revised Statutes (NRS) and Nevada Administrative Code (NAC), to include:
 - a. Chapter 385A, Nevada Interscholastic Activities Association
 - b. Chapter 392, Pupils, and specifically:
 - i. NRS 392.452, Adoption of policy by school district for prevention and treatment of injuries to the head which may occur during participation in competitive sports; requirements of policy; annual acknowledgment of policy by parent and pupil.
3. This document complies with federal laws and regulations, to include:
 - a. Title IX of the Education Amendments of 1972 (Title IX), 20 U.S.C. §§

1681 et seq., and the implementing regulations, 34 C.F.R. Part 106,

REVIEW & REPORTING

1. This document shall be reviewed as part of the bi-annual review and reporting process, following each regular session of the Nevada Legislature. The Board of Trustees shall receive notification of any required changes to the policy as well as an audit of the accompanying governing documents.
2. Administrative regulations, and/or other associated documents, will be developed as necessary to implement this policy.

REVISION HISTORY

Date	Revision	Modification
2/27/2018	1.0	Adopted: Removed from Board Policy 5305