



2023-2024 School Year

The enclosed Sports Binder is to provide coaches with OSD board policies, best practices, procedure and forms to assist with OSD sports programs.

Enclosed please find MANDATORY information/requirements for all prospective OSD Coaches.

All prospect coaches must meet the following requirements:

- ✓ Agree to and sign a Code of Ethical Conduct
- ✓ Agree to follow all applicable school board policies
- ✓ Background Clearance
- ✓ Concussion Training
- ✓ CPR/AED Certification
- ✓ First Aid Certification
- ✓ Heat Illness Training
- ✓ Must be at least 21 years of age.
- ✓ Sudden Cardiac Arrest Training
- ✓ Tuberculosis Clearance
- ✓ Use of Volunteer Request Form – HR Approval Required

All requirements MUST be completed before ANY coach steps onto campus for any sport(s)
(NO EXCEPTIONS)

Sport Coach Training Requirements

Sudden Cardiac Arrest Training – Every 2 years

[CLICK HERE](#)

<https://nfhslearn.com/courses/sudden-cardiac-arrest>

[CLICK HERE](#)

<https://www.cifstate.org/sports-medicine/sca/index>

Concussion Training – Every 2 years

[CLICK HERE](#)

<https://nfhslearn.com/courses/concussion-in-sports-2>

Heat Illness Coaches Training – Annually

[CLICK HERE](#)

<https://nfhslearn.com/courses/heat-illness-prevention-2>

[CLICK HERE](#)

https://www.cdc.gov/nceh/hsb/extreme/Heat_Illness/index.html

Student and Parent/Guardian Acknowledgments

Form(s)	Frequency
Acknowledgement & Assumption of Potential Risk	Annually
Concussion Acknowledgement	Every two years
Field Trip/Excursion Authorization and Medical Treatment Authorization	Annually
Heat Illness Acknowledgement	Annually
Opioids Acknowledgement	Annually
Physical Examination Form	Annually
Readmission to School of Student with Temporary Disability or Injury	As Needed
Steroids Acknowledgement	Annually
Student Athletic Physical Contact Acknowledgement	Annually
Student Transportation Permission Form	Annually
Sudden Cardiac Arrest Acknowledgment	Every two years

► Sudden Cardiac Arrest Requirements

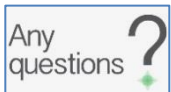
When an athlete who passes out or faints while participating in, or immediately following an athletic activity is to be removed from practice or a game/competition.....

1. Parent/Guardian are to be notified immediately that athlete passed out or fainted.
2. Complete a Report of Personal Accident Form and return to Risk Management.
3. Athlete is not to return to practice or game/competition until receives written clearance to return from licensed healthcare physician. Use Return to School of Student with Temporary Disability due to Injury, Illness or Surgery Form (SFA 5110, SFA 5110 Spanish).

► Concussion Requirements

When Student is suspected to have head injury or concussion.....

1. Notification letter (SFA 5220 or SFA 5220S) to parent/guardian must be sent home immediately
2. Complete Report of Personal Accident Form and send to Risk Management
3. Athlete is not to return to practice or game/competition until a licensed health care provider who is trained in concussion management evaluates athlete.
4. Written clearance (SFA 5230) to return to practice or game/competition from a license healthcare provider who is trained in concussion management.
5. If determined by healthcare provider athlete sustained concussion or head injury gradual return-to-play protocol will last no less than seven (7) days in duration under the supervision of licensed health care provider trained in concussion management. Written clearance (Acute Concussion Evaluation Form) to return to practice or game/competition from a licensed health care provider.



Please let us know if you have any questions regarding the above information call XX at ext XX.

Thank you!