HEAT Ways

2018 Fall Sports Preseason Guide

Annual Advisory for Hot Weather Athletic Activity
Coaches and administrators of all fall sports should review the material below and also consider similar procedures as are detailed specifically for football that may well serve other sports, especially the Football Practice Policies. Football-specific material is found on the Football Page of MHSAA.com.

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RESOURCE LINKS

Hydration Tips and Fluid Guidelines - Click Below
www.nfhs.org/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=6208&libID=6229
Infectious Skin Disorders in Contact Sports - Click Below
www.nfhs.org/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=6208&libID=6229

NOTES AND RESOURCES

Accident Medical Insurance: Since 1970-71 the MHSAA has arranged for Athletic Accident Medical Insurance Coverage for eligible participants at each member high school and all registered officials. The program is excess accident medical insurance ($25,000 deductible) intended to help pay medical bills to administer to injuries sustained in athletic activities in MHSAA tournament sports. Details of the coverage and claims administration are posted on the Administrators page of MHSAA.com, and also can be found in the current MHSAA Handbook.

Concussion Insurance: The Michigan High School Athletic Association is also providing athletic participants at each MHSAA member junior high/middle school and high school with additional insurance that is intended to pay accident medical expense benefits resulting from a suspected concussion. The injury must be sustained while the athlete is participating in an MHSAA in-season covered activity (practice or competition). Policy limit is $25,000 for each accident. Covered students, sports and situations follow the accident medical insurance.

This program intends to assure that all eligible student-athletes in MHSAA member schools in grades 6 through 12, male and female, in all levels of all sports under the jurisdiction of the MHSAA, receive prompt and professional attention for head injury events even if the child is uninsured or under-insured. Accident medical deductibles and co-pays left unpaid by other policies are reimbursed under this program to the limits of the policy.

Summer Dead Period, Preseason Down Time: For clarifications check the MHSAA Handbook, or visit the Administrators page of MHSAA.com
Coaching Requirements at All Levels for 2018-19

Following is a summary of the coaching requirements for the 2018-19 school year and a review of recent requirements.

1. **CAP Required For Newly Hired First Time Head Coaches** - Each head coach of a varsity team hired for the first time as a high school head varsity coach at any MHSAA member high school after July 31, 2016 shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP). If the head coach does not complete CAP Level 1 or 2 prior to the established deadline, that coach shall be prohibited from coaching in that season's MHSAA tournament. The MHSAA has a substitute coaches education program for late hires which will fulfill the requirement on a temporary basis.

2. **CPR Certification** - The head coach of a high school varsity team must have a valid CPR Certification by the established deadline – the same date for head coaches to complete a rules meeting. The MHSAA does not dictate which organization or format the training is completed in, only that the head coach hold a valid CPR Certification; which generally lasts two years. Many schools train and certify all their coaches and also include AED training (preferred). An online course would fulfill the requirement, but face-to-face courses are preferred. Head coaches who coach more than one sport must have their CPR Certification complete for the first sport of the school year. For “Frequently Asked Questions on CPR Certification” see the MHSAA.com Health & Safety page.

3. **High School Varsity Head Coaches Rule Meetings** - Head coaches continue to be required to complete a sport rules meeting as a condition of coaching in the MHSAA tournament. This must be completed by the deadline. The MHSAA continues to tracks this for each head coach.

4. **Assistant & Subvarsity Coaches Rules Meeting** - All subvarsity and assistant high school coaches, paid or volunteer, must complete an MHSAA rules meeting in their sport. Rules meetings must be completed by the established deadline each season (fall, winter, and spring). Credit is earned as follows:

   a. By entering subvarsity and assistant coaches into MHSAA.com, individual coaches may view the rules meeting. Only coaches whose names and emails are submitted by the school can complete a rules meeting for credit. The AD may see who has completed a meeting while logged in under the “AD Dashboard” on MHSAA.com.

   b. In a group setting (staff meeting) or individually: The AD certifies that each season, subvarsity and assistant coaches have completed a rules meeting. ADs may track this internally and record as they see fit or may show an online rules meeting to an entire group. An assistant coach may view a rules meeting with a head coach and be given credit by the AD.

   Assistant or subvarsity coaches, who coach more than one sport during a school year, must fulfill the requirement each season unless the sport is the same and the coach had completed the MHSAA sport specific rules meeting earlier in the school year for that sport (e.g. JV boys and JV girls soccer coach).

5. **Attesting (confirming) Coach Requirements Are Met** - Each season by the final date of that season’s rules meetings, athletic directors will inform the MHSAA while logged into MHSAA.com (school administrator services) that all requirements have been met or the school will not allow that coach to be present at the MHSAA tournament in that coaches sport at the seasons end when their school team is present.

6. **Concussion Awareness Training for Coaches** - Because so many coaching responsibilities are out-of-season or outside of actual MHSAA interscholastic practice and competition, all school coaches in all sports should have completed a Concussion Awareness Course at least once in their tenure with their current school so as to comply with state law (Public Acts 342 and 343). All MHSAA coaches rules meetings in 2018-19 will include concussion awareness training which fulfills both the requirements of state law. For further information see the Concussion Protocol and Return to Competition section of this document.
An easy-to-use app on MHSAA.com allows coaches and administrators to record heat index measurements that then can be tracked by a school’s athletic director or athletic trainer. The tool also shows the suggested actions that should be taken under the policy and records the actions taken by that user (such as removed protective equipment). This is a heat index calculation and record keeping tool. Schools will still need to seek accurate heat and humidity (heat index) readings from a Psychrometer.

To access this tool, log into MHSAA.com, or if already logged in, click the red “My MHSAA” button in the top right-hand corner of your screen. These pages are optimized for mobile use.

Under the “My MHSAA” column on the left of the screen, click “Coach Services.” Under “Coach Services,” click “Heat Index Recording” and you will see the page at right.
Exertional Heatstroke and Heat Illness is the leading cause of preventable deaths in high school athletics. Students participating in high-intensity, long-duration or repeated same-day sports practices and training activities during the summer months or other hot-weather days are at greatest risk.

The Michigan High School Athletic Association recognizes that there are unique and variable climates in Michigan and that there is no “one-size-fits-all” optimal acclimatization plan. However, we strongly encourage member schools to incorporate all of the fundamentals into any heat acclimatization plan.

**Exertional Heatstroke and Heat Exhaustion**

**is Preventable**

**Heat Acclimatization Safety Priorities:**

- Recognize that exertional heatstroke is the leading preventable cause of death among high school athletes.
- Know the importance of a formal Pre-Season heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping athletes will hydrated while encouraging and providing ample opportunities for regular fluid replacement.

**Fundamentals of a Heat Acclimatization Program**

1. Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be “conditioned” in a period of only two to three weeks.
   - Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.

2. Keep each athlete’s individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect exertional heat illness risk.
   - **Rationale:** Athletes begin each season’s practices and training activities at varying levels of physical fitness and varying levels of risk for exertional heat illness. For example, there is an increased risk if the athlete is obese, unfit, has been recently ill, has a previous history of exertional heat illness, or has Sickle Cell Trait.

3. Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.
   - **Rationale:** Coaches must be prepared to immediately adjust for changing weather conditions, while recognizing that tolerance to physical activity decreases and exertional heat illness risk increases, as the heat and/or humidity rise. Accordingly, it is imperative to adjust practices to maintain safety and performance.

4. Athletes must begin practices and training activities adequately hydrated.
   - **Rationale:** While proper hydration alone will not necessarily prevent exertional heat illness, it will decrease risk.

5. Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. First aid should not be delayed!
   - **Rationale:** An athlete will often show early signs and/or symptoms of developing exertional heat illness. If these signs and symptoms are promptly recognized and the athlete is appropriately treated, serious injury can be averted and the athlete can often be treated, rested and returned to activity when the signs and symptoms have resolved.

6. Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.
   - **Rationale:** Immediate medical treatment and prompt rapid cooling can prevent death or minimize further injury in the athlete with EHS. Ideally, pools or tubs of ice water to be used for rapid cooling of site and personnel should be available on-site and personnel should be trained and practiced in using these facilities for rapid cooling. Ice water baths are the preferred method for rapid cooling, however, if ice water pools or tubs are not available, then applying ice packs to the neck, axillae, and groin and rotating ice water-soaked towels to all other areas of the body can be effective in cooling an affected athlete.

7. An Emergency Action Plan with clearly defined written and practiced protocols should be developed and in place ahead of time.
   - **Rationale:** An effective emergency action plan (EAP) should be in place in case of any emergency, as a prompt and appropriate response in any emergency situation can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, varsity) and all practice and game sites.

**References:**


**Approved April 2012**

**DISCLAIMER – NFHS Position Statements and Guidelines**

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.
MHSAA Model Policy for Managing Heat & Humidity

Adopted March 22, 2013

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.

2. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.

3. If the Heat Index is below 95 degrees:
   - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
   - Optional water breaks every 30 minutes for 10 minutes in duration.
   - Ice-down towels for cooling.
   - Watch/monitor athletes carefully for necessary action.

If Heat Index is 95 to 99 degrees:
   - All Sports
     o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
     o Optional water breaks every 30 minutes for 10 minutes in duration.
     o Ice-down towels for cooling.
     o Watch/monitor athletes carefully for necessary action.
   - Contact sports and activities with additional equipment:
     o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
     o Optional water breaks every 30 minutes for 10 minutes in duration.
     o Ice-down towels for cooling.
     o Watch/monitor athletes carefully for necessary action.
   - Reduce time of outside activity. Consider postponing practice to later in the day.
   - Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If Heat Index is 99 to 104 degrees:
   - All Sports
     o Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
     o Mandatory water breaks every 30 minutes for 10 minutes in duration.
     o Ice-down towels for cooling.
     o Watch/monitor athletes carefully for necessary action.
     o Alter uniform by removing items if possible.
     o Allow for changes to dry t-shirts and shorts.
     o Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
     o Postpone practice to later in the day.
   - Contact sports and activities with additional equipment:
     o Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.
     o Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If Heat Index above 104 degrees:
   - All Sports
     o Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

— See Next page for Heat Index Chart —
## Heat Index Calculation and Chart

<table>
<thead>
<tr>
<th>Temperature (Fahrenheit)</th>
<th>Relative Humidity at Site</th>
<th>Heat Index</th>
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*Note: The chart above shows the heat index calculation for given temperatures and relative humidity levels.*

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2018 Fall Sports Preseason Guide
Heat Index FAQ

Note: By its very nature, a “model” policy is intended to be flexible so that when it is being considered for local adoption, local authorities can factor in the details of their unique facilities and schedules as they prescribe the manner in which this heat and humidity management policy is implemented.

Remember that even with rigorous implementation of this policy, the need remains for supervising staff to provide for adequate hydration and rest breaks at all times and places, and to arrange for cooling devices and strategies that respond to heat illness emergencies.

1. Where do I find a device that automatically provides the heat index?
   A Most health care professionals with whom schools work know about these devices, called digital psychrometers, and know where to obtain them. Many medical supply stores carry the devices. Even Home Depot does.
   If you Google “Devices for measuring heat and humidity,” you will find many options.
   The MHSAA has established a relationship with School Health. Place orders by phone, 866-323-5465, or by fax, 800-235-1305, or by email, orders@schoolhealth.com, or via Web, sportshealth.com. School Health accepts credit card or PO payments or can invoice schools. Discount pricing will be received by referring to the reference code for the particular item, MK90727 (Heat Watch) or MK61253.

2. If I don’t have a digital psychrometer that provides the heat index calculation, how do I get readings for temperature and relative humidity, and how do I calculate the heat index?
   A A thermometer and humidity gauge will usually be necessary. Get each reading and then refer to the “Heat Index Calculation and Chart” to determine the heat index.

3. Are there cell phone applications that can be utilized?
   A There are cell phone applications that can do the calculations. There are also applications that can provide the heat index at certain locations, but those locations are unlikely to be close enough to the actual site of the practice or event to be useful.
   Readings will differ indoors and out, on hills or in valleys, on natural grass or artificial turf. These and other variables make it necessary for the person designated to record and file the readings to actually take those readings 30 minutes before and 60 minutes into the activity.

4. Where in the school should the readings be filed?
   A They should be placed on a regular and frequent basis in files maintained in the office of the superintendent, principal or athletic director. Those files may be electronic. Coaches might record the readings on their written practice plans which schools should then keep on file.

5. Are there any MHSAA sports or any venues for which the policy is inapplicable?
   A Every practice and competition in every sport at every venue is intended to be subject to the policy when the temperature at the venue nears 80°F.
   In the case of swimming & diving, the risk is greater to spectators than participants, who compete in water that may be cooler than the air temperature.
   While most attention will be given to outdoor sports, do not neglect conditions at indoor venues, such as volleyball in facilities that are not air conditioned.
   Sometimes conditions will vary for different aspects of the same competition. For example, one tennis court may be in the shade, and another out of the wind. One part of a cross country course may be much hotter or more humid than other parts. The best course of action is to take the heat index at the place of the most severe conditions.

6. Who and what control when there are multiple devices and different heat index readings at a venue?
   A Host management makes the decisions to suspend and to resume activity using those devices or systems usually relied upon at that venue.

7. After a heat index reading that would require delay or suspension of activities, is there a period of time that must pass before activities resume?
   A No. Readings can be taken continuously during the delay or suspension of activities. When relief from high temperature and humidity is unlikely, local authorities should be implementing previously-considered contingency plans to relocate events to different venues or reschedule events to different days or times.

8. May a school decide to implement this model policy for practices but not regular season contests?
   A Yes. However, MHSAA tournament managers will follow this policy for MHSAA tournament contests.

9. When the temperature at the site of the activity is less than 80°F, do we need to check and record the heat and humidity?
   A No. When the temperature is less than 80°, there is no combination of heat and humidity that will result in a need to curtail activity.
   However, if the temperature is near 80°, it would be prudent to record that temperature in the usual way and to have a digital psychrometer programmed to alert you to increasing temperature or a heat index that prescribes precautions.

10. The Model Policy calls for a heat index reading 30 minutes before and 60 minutes into an activity. How frequently thereafter should the heat index be checked for half-day or day-long events?
   A A reasonable expectation is to continue to check every 60 minutes while the temperature is 80°F or higher.

2018 Fall Sports Preseason Guide

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The language above, which appears in all National Federation sports rule books, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. This language reflects an increasing focus on safety and acknowledges that the vast majority of concussions do not involve a loss of consciousness.

This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care professional for an exact determination of the extent of injury.

2. If it is confirmed by the school’s designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.

3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
   a. The clearance may not be on the same date on which the athlete was removed from play.
   b. Only an M.D., D.O., Physician’s Assistant or Nurse Practitioner may clear the individual to return to activity.
   c. The clearance must be in writing and must be unconditional. It is not sufficient that the M.D., D.O., Physician’s Assistant or Nurse Practitioner has approved the student to begin a return-to-play progression. The medical examiner must approve the student’s return to unrestricted activity.
   d. Individual school, districts and leagues may have more stringent requirements and protocols including but not limited to mandatory periods of inactivity, screening and post-concussion testing prior or after to the written clearance for return to activity.

4. Following the contest, an Officials Report shall be filed with a removed player’s school and the MHSAA if the situation was brought to the officials’ attention.

5. ONLINE REPORTING: Member schools are required to complete and submit an online report designated by the MHSAA to record and track head injury events when they occur in all levels of all sports during the season in practices and competitions. Schools with no concussions for a season (fall, winter and spring) are required to report this at the conclusion of that season.

6. POST-CONCUSSION CONSENT FORM: Prior to returning to physical activity (practice or competition) the student and parent (if a minor student) must complete the Post-Concussion Consent Form which accompanies the written unconditional clearance of an M.D., D.O., P.A or N.P. This form should be kept on file at the school for seven years after the student’s graduation and emailed to concussion@mhsaa.com or faxed to 517-332-4071.

7. In cases where an assigned MHSAA tournament physician (MD/DO/PA/NP) is present, his or her decision to not allow an athlete to return to activity may not be overruled.

**NON-COMPLIANCE WITH CONCUSSION MANAGEMENT POLICY**

Following are the consequences for not complying with National Federation and MHSAA rules when players are removed from play because of a concussion:

- A concussed student is ineligible to return to any athletic meet or contest on the same day the concussion is sustained.
- A concussed student is ineligible to enter a meet or contest on a subsequent day without the written authorization of an M.D., D.O., Physician’s Assistant or Nurse Practitioner and the MHSAA-designated “Post-Concussion Return to Activity Consent Form also signed by the student and parent.”

These students are considered ineligible players and any meet or contest which they enter is forfeited. In addition, that program is placed on probation through that sport season of the following school year. For a second offense in that sport during the probationary period – that program is continued on probation through that sport season of the following school year and not permitted to participate in the MHSAA tournament in that sport during the original and extended probationary period. A school which fails to submit required online concussion reports will be subject to the penalties of Regulation V, Section 4 (A). This includes reporting zero if no concussions occurred in a season.
MHSAA Return to Activity Form

RETURN TO ACTIVITY & POST-CONCUSSION CONSENT FORM

This form is to be used after an athlete is removed from and not returned to activity after exhibiting concussion symptoms. MHSAA rules require 1) Unconditional written authorization from a physician (MD/DO/Physician’s Assistant/Nurse Practitioner), and 2) Consent from the student and parent/guardian. Both Sections 1 & 2 of this form must be completed prior to a return to activity. This form must be kept on file at the school and emailed to Concussion@MHSAA.com or faxed to 517-332-4071.

Student: _________________________ School: _________________________
Event/Sport: _________________________ Date of Injury: ______________

1. Action of M.D., D.O., Physician’s Assistant or Nurse Practitioner

   • The clearance must be in writing and must be unconditional. It is not sufficient that the M.D., D.O., Physician’s Assistant or Nurse Practitioner has approved the student to begin a return-to-activity progression. The medical examiner must approve the student’s return to unrestricted activity.

   • Individual schools, districts and leagues may have more stringent requirements and protocols including but not limited to mandatory periods of inactivity, screening and post-concussion testing prior to or after the written clearance for return to activity.

   • A school or health care facility may use a locally created form for this portion of the return-to-activity protocol, provided it complies with MHSAA regulations. (See MHSAA Protocol.)

I have examined the above named student-athlete following this episode and determined the following: __________________________________________________________

☐ Permission is granted for the athlete to return to activity (may not return to practice or competition on the same day as the injury).

____________________________________ DATE: ______________
SIGNATURE (must be MD or DO or PA or NP – circle one)
Examiner’s Name (Printed): ________________________________

2. Post-Concussion Consent from Student and Parent/Guardian.

   • I am fully informed concerning, and knowingly and voluntarily consent to, my/my child’s immediate return to participation in athletic activities, I understand, appreciate, acknowledge, and assume the risks associated with such return to activity, including but not limited to concussions, and agree to comply with all relevant protocols established by my/my child’s school and/or the MHSAA; and my/ my child has been evaluated by, and has received written clearance to return to activity from an M.D., D.O., Physician’s Assistant or Nurse Practitioner.

   • In consideration of my/my child’s continued participation in MHSAA-sponsored athletics, I/we do hereby waive any and all claims, suits, losses, actions, or causes of action against the MHSAA, its members, officers, representatives, committee members, employees, agents, attorneys, insurers, volunteers, and affiliates based on any injury to me, my child, or any person, whether because of inherent risk, accident, negligence, or otherwise, during or arising in any way from my/my child’s participation in an MHSAA-sponsored sport.

   • I/we consent to the disclosure to appropriate persons, consistent with HIPAA and FERPA, of the treating medical examiner’s written statement.

Student’s Signature (Required): _________________________ Date: ______________

*Parent/Guardian’s Name _________________________ *Parent/Guardian’s Signature: _________________________

*Required if student is less than 18 years of age.
Member School Concussion Reporting

School leaders will want to familiarize themselves with the logo at left. “MHSAA headlines” will signify important health-related matters, such as the Association’s online concussion reporting form.

The online form will require the following information related to concussion occurrences.

Post-Concussion Return-to-Play Requirement: In addition to the written clearance from an MD, DO, PA or NP, signatures are also required of both students and their parents/guardians before the student can return to activity. It is also required that the Return to Activity & Post-Concussion Consent Form be emailed or faxed to the MHSAA and kept on file at the school for seven years following a student’s high school graduation. The same form signed by the medical professional must then be signed by the student and parent before the student may return to activity. Students who participate without the required approvals are ineligible athletes.

The form is on the MHSAA website – Health and Safety – Return to Activity & Post-Concussion Consent Form. The reverse side of the form has information for parents on the MHSAA Concussion Care Gap Insurance that covers deductibles, copays and students with no insurance.

SAMPLE -- MHSAA MEMBER SCHOOL CONCUSSION REPORTING -- SAMPLE
(This information will be requested via an online form being deployed by the MHSAA this fall)

PRIMARY INFORMATION
• School and Reporting Individual & Title (AD, Coach, Athletic Trainer, Secretary, Other):
• Email and Primary Phone

STUDENT INFORMATION
• Grade, Gender, Age, Sport
• Level (Varsity, JV, Fr., Etc)
• Date and Time of Occurrence
• Event Occurrence: Practice or Contest

DETAILED INCIDENT INFORMATION
• Prior to this incident had the student ever been diagnosed with a concussion? Month/Year
• Was protective equipment worn on the head at the time of the event?
• Did the event result from (select one): person to person contact; person to object contact; person to ground contact; uncertain as to the cause of the event
• If during a practice (select one): During a drill; During simulated competition- scrimmage; Other
• If during a practice (select one): The event occurred near the start of practice; The event occurred near the middle of practice; The event occurred near the end of practice
• If during a contest (select one): The event occurred near the early portions of the contest; The event occurred near the middle; The event occurred near the end of the contest
• On what surface did the injury occur: Wooden gym floor, rubberized gym floor, wrestling-type mat, indoor tile type floor, carpeted floor, rubber weight room floor, artificial turf, natural grass, concrete, asphalt, other
• The student was initially examined at the time of the event and withheld from activity by (select all that apply): Coach; Athletic Trainer; Athletic Director; Sideline Emergency Personnel; Other Appropriate Health Care Professional; MD; DO; NP; PA; Other
• Did student return to activity on the same day because a concussion did not occur?

FOLLOW-UP TO INITIAL CONCUSSION EVENT REPORT
• Was the student determined to have a concussion?
• The student was given a written authorization to return to activity by a: MD; DO; NP; PA
• Date of written authorization to return to activity:
• Please select the type of medical facility from which the authorization to return to activity was provided: Hospital; Urgent or ready care business; Primary care physician or pediatrician’s office; Neurologist’s office; Team Doctor; Other
• Were there comments or conditions written on the authorization to return to activity?
• How many days was this student absent from school as a result of this concussion event?
• The student was NOT given a written authorization to return to activity by the end of the season in which the event occurred (Dec 1, April 1 or July 1 or later).

Following completion of the required material above, schools will be provided the opportunity to describe any additional information regarding the incident occurrence, of follow-up to the incident. They may also attach documents pertinent to the incident.
From the Mayo Clinic:
Sudden cardiac arrest symptoms are immediate and drastic.

- Sudden collapse
- No pulse
- No breathing
- Loss of consciousness

Sometimes other signs and symptoms precede sudden cardiac arrest. These may include fatigue, fainting, blackouts, dizziness, chest pain, shortness of breath, weakness, palpitations or vomiting. But sudden cardiac arrest often occurs with no warning.

This page offers just some of the resources available to schools to encourage preparedness for such situations.

CPR Requirement FAQs

Q: Which coaches are required to have CPR certification?
A: Effective with the 2015-16 school year, all high school varsity head coaches must have a valid current Cardiopulmonary Resuscitation (CPR) Certification by the established deadline for completion of the rules meeting, for the first sport in which the coach is ahead coach during the school year.

Q: Does the MHSAA specify the age level for the CPR training?
A: No. Generally, the course for adults alerts candidates of the necessary modifications for children and infants, and vice versa.

Q: Does an online course satisfy the requirement?
A: Yes. While not as effective as face-to-face courses, an online course does satisfy the requirement that begins in 2015-16.

Q: How expensive is the certification?
A: $0 to $95

Q: How long does certification take?
A: Two to five hours.

Q: How long does the certification last?
A: Generally, two years

CPR Requirement: Who Can Help?
The MHSAA does not dictate which organization or individual must provide CPR education and certification. However, the Michigan Department of Health and Human Services lists the following organizations that are approved to provide CPR training:

- Sparrow Health System - sparrow.org
- American CPR Training - americancpr.com
- American Heart Association - americanheart.org
- American Red Cross - redcross.org
- American Safety and Health Institute - hsi.com/ashi/about
- American Trauma Event Management -atem.us
- Cardio Pulmonary Resource Center - 1-800-900-2772
- Emergency Care and Safety Institute -ecsinstitute.org
- Emergency First Response Corp. - emergencyfirstresponse.com
- EMS Safety Services - emssafety.com
- FreeCPR.Org - freecpr.org
- Medic First Aid - medicfirstaid.com
- National Safety Council - nsc.org
- ProCPR, LLC - procrpr.org

Become a MI HEARTSafe School

If someone in your school community suffers a sudden cardiac arrest, would you know what to do? Did you know that early recognition of a cardiac arrest, calling 9-1-1, bystander response with hands-only CPR, and use of an AED greatly increase the chance of survival?

Important questions for schools to consider are:

- Does your school have a cardiac emergency response plan?
- How many students and staff can recognize the symptoms of cardiac arrest and know how to get help “on the way, right away”?
- Who knows CPR in your school and is ready to use it when necessary?
- Where are the automated external defibrillators (AEDs) located in your school building, are they properly maintained and inspected, and who knows how to use them?

The MI HEARTSafe Schools Award Program was developed to help schools be prepared for a cardiac emergency. Schools meeting the minimum criteria will be awarded the MI HEARTSafe School designation, receive a letter of commendation, and be spotlighted on our website, all at no cost to the school.

More than 330 schools and/or districts in Michigan have HEARTSafe status. The program provides valuable resources and training, and the price is right: free! The MHSAA encourages schools to join the list.

To apply for MI HEARTSafe School designation at no cost, download and follow the instructions on the application form at https://migrc.org/Library/HEARTSafe.html

NFHS Course on Sudden Cardiac Arrest (SCA)

The NFHS online course on sudden cardiac arrest is free and available. This coincides with the second year of the MHSAA’s two-year focus on “Hearts.”

This topic will again receive attention in the risk management portion of the required head coaches rules meetings this year.

The NFHS is also updating its concussion course which is linked from MHSAA.com to NFHSLearn.com.