



SPORT SCIENCE
INSTITUTE™

INTERASSOCIATION RECOMMENDATIONS | CHECKLIST

PREVENTING CATASTROPHIC INJURY AND DEATH IN COLLEGIATE ATHLETES

This checklist will help the athletics health care administrator to ensure that policies are in place and followed, and are consistent with this document, *Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes*.

1

TRAUMATIC: GENERAL

YES

NO

COMMENTS

In all sports, all practices and competitions adhere to existing ethical standards.	<input type="checkbox"/>	<input type="checkbox"/>	
In all sports, using playing or protective equipment as a weapon is prohibited during all practices and competitions.	<input type="checkbox"/>	<input type="checkbox"/>	
In all practices and competitions, deliberately inflicting injury on another player is prohibited.	<input type="checkbox"/>	<input type="checkbox"/>	
All playing and protective equipment, as applicable, meets relevant equipment safety standards and related certification requirements.	<input type="checkbox"/>	<input type="checkbox"/>	
There is a regularly rehearsed emergency action plan consistent with the Concussion Safety Protocol Checklist for all venues at which practices or competitions are conducted.	<input type="checkbox"/>	<input type="checkbox"/>	
There is a regularly rehearsed emergency action plan consistent with the Concussion Safety Protocol Checklist for all suspected concussions.	<input type="checkbox"/>	<input type="checkbox"/>	
There is a regularly rehearsed emergency action plan consistent with the Concussion Safety Protocol Checklist for all suspected moderate or severe traumatic brain injuries.	<input type="checkbox"/>	<input type="checkbox"/>	
There is a regularly rehearsed emergency action plan consistent with the Concussion Safety Protocol Checklist for all suspected cervical spine injuries.	<input type="checkbox"/>	<input type="checkbox"/>	
Annual education and prevention strategies about catastrophic injuries are provided to all sports coaches.	<input type="checkbox"/>	<input type="checkbox"/>	
Annual education and prevention strategies about catastrophic injuries are provided to all strength and conditioning professionals.	<input type="checkbox"/>	<input type="checkbox"/>	

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TRAUMATIC: GENERAL CONTINUED	YES	NO	COMMENTS
Annual education and prevention strategies about catastrophic injuries are provided to all primary athletics health care providers (i.e., team physicians and athletic trainers).	<input type="checkbox"/>	<input type="checkbox"/>	
Annual education and prevention strategies about catastrophic injuries are provided to all collegiate athletes.	<input type="checkbox"/>	<input type="checkbox"/>	
Annual education and prevention strategies about catastrophic injuries are provided to all athletics administrators.	<input type="checkbox"/>	<input type="checkbox"/>	

2 TRAUMATIC: CONTACT/COLLISIONS HELMETED SPORTS | YES | NO | COMMENTS

All contact/collision, helmeted practices and competitions adhere to existing ethical standards.	<input type="checkbox"/>	<input type="checkbox"/>	
All contact/collision, helmeted practices and competitions adhere to keeping the head out of blocking and tackling.	<input type="checkbox"/>	<input type="checkbox"/>	
All contact/collision, helmeted practices and competitions adhere to prohibiting the use of the helmet as a weapon.	<input type="checkbox"/>	<input type="checkbox"/>	
All contact/collision, helmeted practices and competitions adhere to not deliberately inflicting injury on another player.	<input type="checkbox"/>	<input type="checkbox"/>	
All contact/collision, helmeted practices and competitions adhere to maintaining and certifying helmets to existing helmet safety standards.	<input type="checkbox"/>	<input type="checkbox"/>	

3 NON-TRAUMATIC: GENERAL | YES | NO | COMMENTS

All practices and strength and conditioning sessions adhere to established scientific principles of acclimatization and conditioning.	<input type="checkbox"/>	<input type="checkbox"/>	
Conditioning periods are phased in gradually and progressively to encourage proper exercise acclimatization and to minimize the risk of adverse effects on health.	<input type="checkbox"/>	<input type="checkbox"/>	
The first seven days of any new conditioning cycle are considered a transition period and a time of physiologic vulnerability for athletes.	<input type="checkbox"/>	<input type="checkbox"/>	
Transition periods for athletes include, but are not limited to, returning after an injury or illness.	<input type="checkbox"/>	<input type="checkbox"/>	
Transition periods for athletes include, but are not limited to, returning after school break (e.g., winter, spring, summer).	<input type="checkbox"/>	<input type="checkbox"/>	

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NON-TRAUMATIC: GENERAL CONTINUED	YES	NO	COMMENTS
Transition periods for athletes include, but are not limited to, beginning as a delayed start.	<input type="checkbox"/>	<input type="checkbox"/>	
Training and conditioning sessions are appropriately calibrated and include limitations on total volume and intensity of activity, especially during the first four days of transition periods.	<input type="checkbox"/>	<input type="checkbox"/>	
All workouts have a written plan that is exercise science-based, physiologically sport-specific, and tailored to the individual.	<input type="checkbox"/>	<input type="checkbox"/>	
Workout plans are approved by a credentialed strength and conditioning professional, or the responsible sport coach if a strength and conditioning professional is not available at the institution.	<input type="checkbox"/>	<input type="checkbox"/>	
Components of the workout plan include volume, intensity, mode and duration.	<input type="checkbox"/>	<input type="checkbox"/>	
The activity location is stated in the workout plan to accommodate venue-specific emergency action planning.	<input type="checkbox"/>	<input type="checkbox"/>	
Workout plans are reproducible upon request and shared with the primary athletics health care providers (team physician and athletic trainer) before the session in which they are to be used.	<input type="checkbox"/>	<input type="checkbox"/>	
Modification due to hazardous environmental conditions, scheduling considerations, etc., is supported. The amended workout plan maintains the above principles.	<input type="checkbox"/>	<input type="checkbox"/>	
Exercise never is used for punitive purposes.	<input type="checkbox"/>	<input type="checkbox"/>	
Educational background, sport experience and credentialing are verified for all strength and conditioning professionals.	<input type="checkbox"/>	<input type="checkbox"/>	
All strength and conditioning professionals have a reporting line into the sports medicine or sport performance lines of the institution.	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency action plans are developed and rehearsed annually for all venues in which practices or competitions are conducted.	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency action plans are developed and rehearsed annually for head and neck injuries.	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency action plans are developed and rehearsed annually for cardiac arrest.	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency action plans are developed and rehearsed annually for exertional heat illness and heat stroke.	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency action plans are developed and rehearsed annually for exertional rhabdomyolysis.	<input type="checkbox"/>	<input type="checkbox"/>	

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NON-TRAUMATIC: GENERAL CONTINUED	YES	NO	COMMENTS
Emergency action plans are developed and rehearsed annually for exertional collapse associated with sickle cell trait.	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency action plans are developed and rehearsed annually for any exertional or non-exertional collapse.	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency action plans are developed and rehearsed annually for asthma.	<input type="checkbox"/>	<input type="checkbox"/>	
Emergency action plans are developed and rehearsed annually for diabetic emergency.	<input type="checkbox"/>	<input type="checkbox"/>	
Strength and conditioning venues have emergency action plans specific to the venue, sport and circumstances.	<input type="checkbox"/>	<input type="checkbox"/>	
The institution has adopted requirements for the annual education and training for the prevention of sudden death in sport for strength and conditioning professionals.	<input type="checkbox"/>	<input type="checkbox"/>	
The institution has adopted requirements for the annual education and training for the prevention of sudden death in sport for sport coaches.	<input type="checkbox"/>	<input type="checkbox"/>	
The institution has adopted requirements for the annual education and training for the prevention of sudden death in sport for athletic trainers.	<input type="checkbox"/>	<input type="checkbox"/>	
The institution has adopted requirements for the annual education and training for the prevention of sudden death in sport for team physicians.	<input type="checkbox"/>	<input type="checkbox"/>	
The institution has adopted requirements for the annual education and training for the prevention of sudden death in sport for collegiate athletes.	<input type="checkbox"/>	<input type="checkbox"/>	
The institution has adopted requirements for the annual education and training for the prevention of sudden death in sport for athletics administrators.	<input type="checkbox"/>	<input type="checkbox"/>	