

**PELHAM SCHOOL DISTRICT POLICY**  
**JLCJA – EMERGENCY PLAN FOR SPORTS RELATED INJURIES &**  
**ADDITIONAL PROTOCOLS FOR ATHLETICS PARTICIPATION**

*Category: Priority*

**Creation of Plan**

No later than August 1, 2022, the Superintendent or his/her designee [in consultation with each building Principal, the Athletic Director/Coordinator, district athletic trainer(s) and school nurse(s)], shall establish a “Sports Injury Emergency Action Plan” (at times referred to in this policy as the “Plan”) for responding to serious or potentially life-threatening injuries sustained from sports or other school sponsored athletic activities. The Sports Injury Emergency Action Plan shall:

1. Document the proper procedures to be followed when a student sustains a serious injury or illness while participating in school sponsored sports or other athletic activity;
2. List the employees, team coaches, and licensed athletic trainers in each school who are trained in first aid or cardiopulmonary resuscitation;
3. Identify the employees, team coaches, or licensed athletic trainers responsible for carrying out the emergency action plan;
4. Identify the activity location, address, or venue for the purpose of directing emergency personnel;
5. Identify the equipment and supplies and location thereof needed to respond to the emergency;
6. Identify the location of any automated external defibrillators and personnel trained in the use of the automated external defibrillator;
7. Identify the equipment and supplies and location thereof needed to respond to the emergency;
8. Identify the location (which shall be consistent with the provisions of GBGBA/JLCEA/KFD) of any automated external defibrillators ("AED"s) and personnel trained in the use of the AED;
9. Document policies related to cooling for an exertional heat stroke victim consistent with guidelines established by the American College of Sports Medicine and the National Athletic Trainers' Association; and
10. Require that all school sponsored sports activities for any of grades 6-12 be supervised by a person trained in CPR.

**Dissemination of Sports Injury Emergency Action Plan**

The Sports Injury Emergency Action Plan shall be posted within each school and disseminated to pertinent emergency medical services, fire department, and law enforcement.

# **PELHAM SCHOOL DISTRICT POLICY**

## **JLCJA – EMERGENCY PLAN FOR SPORTS RELATED INJURIES & ADDITIONAL PROTOCOLS FOR ATHLETICS PARTICIPATION**

*Category: Priority*

### **Additional Written Protocols and Procedures Required**

No later than August 1, 2022, the Superintendent or his/her designee [in consultation with each building Principal, the Athletic Director/Coordinator, district athletic trainer(s) and school nurse(s)], shall develop written procedures and protocols as described below:

1. Hydration, Heat Acclimatization and, Wet Bulb Globe Temperature – protocols relating to hydration, heat acclimatization and wet bulb globe temperature as established by the American College of Sports Medicine and the National Athletic Trainers' Association;
2. Student Medical History – procedures for obtaining student-participant medical information for each student athlete prior to engaging in sports. Such information must include:
  - a. injury or illness related to or involving any head, face, or cervical spine;
  - b. cardiac injury or diagnosis;
  - c. exertional heat stroke;
  - d. sickle cell trait;
  - e. asthma;
  - f. allergies; or
  - g. diabetes.

Access, filing, and confidentiality of student-participant medical information shall be managed in accordance with the Family Educational Rights and Privacy Act (FERPA), and the Health Insurance Portability and Accountability Act (HIPAA).

3. Student Return to Play – Procedures governing a student's return to play after a sports or illness related injury pertaining to this policy are in addition to the return to play provisions specific to head injuries set forth in Board policy JLCJ, and copies of the procedures must be maintained at the SAU office and available to the Department of Education and public upon request.

### **Annual Review and Update**

The Superintendent and/or designee shall ensure that the Sports Injury Emergency Action Plan, and all procedures and protocols adopted pursuant to this policy, are reviewed no less than annually and updated as necessary. Copies of the updated Plan and procedures should be available to the Board no later than the start of each school year.

**PELHAM SCHOOL DISTRICT POLICY**  
**JLCJA – EMERGENCY PLAN FOR SPORTS RELATED INJURIES &**  
**ADDITIONAL PROTOCOLS FOR ATHLETICS PARTICIPATION**

*Category: Priority*

**Inclusion of Sports Injury Emergency Action Plan with Emergency Response Plan**

The Sports Injury Emergency Action Plan shall be included with each school's annual Emergency Response Plan (see Board policy *EBCA*).

---

**District Policy History:**

*Adopted: December 1, 2021*

*Revised: December 4, 2024*

**Legal References:**

*20 U.S.C. §1232g, Family Educational Rights and Privacy Act (FERPA)*

*34 C.F.R. Part 99, Family Educational Rights and Privacy Act Regulations*

*RSA 200:40-c, Emergency Plan for Sports Related Injuries*