



ROGER L. BLAKE, EXECUTIVE DIRECTOR

V.C.5.

CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF STATE OFFICE • 4658 DUCKHORN DRIVE • SACRAMENTO, CA 95834 • PH: 916-239-4477 • FX: 916-239-4470 • WWW.CIFSTATE.ORG

To: Federated Council

Date: November 24, 2014

Re: Bylaw 22.B.(9) Coaches Education and Training
Bylaw 503 J. Sudden Cardiac Arrest Protocol

Proposal Originated: C.I.F. Executive Committee

Proposal Reviewed

9/9/2014 – Executive Committee
9/23/2014 – Sports Medicine Advisory Committee
9/30/2014 – Commissioners Committee
10/7/2014 – Athletic Administrators Advisory Committee
10/26/2014 – Executive Committee
10/27/2014 – Federated Council – 1st Reading
01/30/2015 – Federated Council – Action Item

Proposal Recommendation

Directed Staff to Develop Proposal
19-0 in support
10-0 in support
19-0 in support
9-0 in support
Completed

Type: Bylaw Additions

Next: Vote by Federated Council – January 30, 2015

Proposal Summary: Training and education for coaches, parents and students for the awareness, recognition, and management of sudden cardiac arrest in student-athletes.

Fiscal Impact: Minimal. All materials available for free including the on-line education and training class through the *Eric Paredes Save A Life Foundation* and *Simon's Fund*.

Background: Sudden Cardiac Arrest (SCA) is the number two (2) cause of death in young people participating in education based athletics. While very rare, about 100 such deaths are reported each year in the United States in young athletes according to the American Heart Association. Tragically, California students have been on that list including one this past July. This Bylaw will alert coaches and parents to this condition, and ensure that they are aware of and know how best to react to the condition's warning signs. This spring, state legislatures in Delaware and Connecticut have implemented similar training requirements in their states.

22. B. (9) Ensure that all coaches, paid and unpaid, will have completed a coaching education program that emphasizes the following components:
- a. Development of coaching philosophies consistent with school, school district and school board goals;
 - b. Sport psychology: emphasizing communication; reinforcement of young people's efforts; effective delivery of coaching regarding technique and motivation of the student-athlete;
 - c. Sport pedagogy: how young athletes learn and how to teach sport skills;
 - d. Sport physiology: principles of training; fitness for sport; development of a training program; nutrition for athletes; and the harmful effects associated with the use of steroids and performance-enhancing dietary supplements by adolescents;
 - e. Sport management: team management; risk management; and working within the context of an entire school program;
 - f. Training: certification in CPR **and** first aid that includes training in signs and symptoms of concussions **and sudden cardiac arrest**.
 - g. Knowledge of, and adherence to, statewide rules and regulations; as well as school regulations including, but not necessarily limited to, eligibility, gender equity and discrimination;
 - h. Sound planning and goal setting; AND
 - i. A school/district may use a coach that does not meet these standards for one sports season in an emergency. The coach must still hold a CPR and First Aid, **Concussion and Sudden Cardiac Arrest** certification as required under Title V. However, that person may not coach another season of sport without fulfilling this coaching education requirement. Any currently employed coach who has completed and passed a prior version of a coaching education program that meets the above listed criteria, as determined by the local administration, is exempt from this provision. The above certification is transferable between/among CIF member schools. Coaches may need to complete additional local school or school district requirements.
NOTE: Definition of a coach, paid or unpaid: Any individual that the school/district is required to approve under Title V, California Code of Regulations, Section 5593 and 5594 and/or under California Education Code 35179-35179.7, 49032 and 4125.01-45125.1.

503. **ADMINISTRATIVE OVERSIGHT**

The principal of each school shall be held responsible for the amateur standing and eligibility of the school's teams and team members under CIF, Section, and league rules.

F. **Coaching**

Principals are responsible to insure that all coaches of the CIF member school for all individual or team(s) meet the requirements of the California Education Code 49032, 35179.1 and Bylaw 22.B.(9) (Revised February 2009 Federated Council)

H. **Concussion Protocol**

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition. (Approved May 2010 Federated Council/Revised May 2012 Federated Council)

Q: What is meant by "licensed health care provider?"

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

I. **Steroid Prohibition**

As a condition of membership, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parent(s)/guardian(s)/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition.
NOTE: Article 1-12.N. (Revised May 2005 Federated Council)

J. **Sudden Cardiac Arrest Protocol**

A student-athlete who passes out or faints while participating in, or immediately following, an athletic activity or who is known to have passed out or fainted while participating in or immediately following an athletic activity, must be removed immediately from participating in a practice or game for the remainder of the day. A student-athlete who has been removed from play after displaying signs and symptoms associated with sudden cardiac arrest may not return to play until the athlete is evaluated by a licensed health care provider and receives written clearance to return to play from that health care provider. On a yearly basis, a Sudden Cardiac Arrest information sheet shall be signed and returned by all athletes and the athlete's parent or guardian before the athlete's initiating practice or competition.

Q: What is meant by "licensed health care provider?"

A: The "scope of practice" for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).