

SB 82

Mandated Safety Regulations Info

Subchapter F. Safety Regulations for Certain Extracurricular Activities

33.201. Applicability

- This training applies to
 - Each public school in Texas
 - Any other school in Texas subject to UIL rules



33.202. Safety Training Required

- The following must complete the safety training program:
 - A coach, athletic trainer or other sponsor for an extracurricular athletic activity
 - Team physician
 - Director responsible for school marching band
 - The safety training program must include:
 - Certification of participants by the ARC, AHA, etc.
 - Current training in:
 - Emergency Action Plan's (EAP's)
 - CPR
 - Communicating effectively with 9-1-1 operators and other emergency personnel
 - Recognizing symptoms of potentially catastrophic injuries
 - Safety drill that incorporates this training, at least once a year
 - A school district shall provide training to students participating in an extracurricular athletic activity related to:
 - Recognizing the symptoms of injuries described in this training
 - The risks of using dietary supplements designed to enhance or marketed as enhancing athletic performance
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33.202. Safety Training Required

- **Emergency Action Plan's**
 - **Emergency Personnel**
 - Licensed Athletic Trainer (LAT), Life Guard, Coach. In the event that a LAT is unavailable, the coach is responsible for immediate first aid, and making the decision to activate EMS.
 - **Emergency Communication**
 - Fixed telephone lines & location or portable cell device of the LAT/Coach on scene.
 - **Emergency Equipment**
 - Supplies (Splint bag, Spine board, Sports chair, etc.) are maintained in the main athletic training room located in the Viking field house. There is an Automated External Defibrillator (AED) mounted to the wall across from the athletic office in the main hallway of the Viking field house.
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33.202. Safety Training Required

■ EAP's

□ **Roles of First Responders:**

- The coach
- The athletic trainer
- The student athletic trainer
- The athletes
- The team physician
- The spectators
- Emergency personnel arriving on scene

□ **Sports Medicine Staff Contact Information:**

- This information is located at the footer of each EAP in your red EAP notebook
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33.202. Safety Training Required

■ CPR

- Covered by your current certification from the American Red Cross, American Heart Association, etc.
 - Will also be addressed in PART 2 of this safety training
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33.202. Safety Training Required

- Communicating effectively with 9-1-1 operators and other emergency personnel
 - If decision is made to activate EMS:
 - A coach or student athletic trainer calls 911
 - Say “My name is (name) I am a coach/student athletic trainer at Yoe High School. An athlete has (give the situation), we need EMS at (location/directions).
 - Do not hang up with the operator until he/she hangs up
 - A coach/student athletic trainer should unlock any gates and wait to meet the EMS crew at the road. Direct EMS to the scene.
 - Have the athlete’s ‘red card’ available to help answer questions for EMS, send copy with athlete when transported
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33.202. Safety Training Required

- Recognizing symptoms of potentially catastrophic injuries
 - Head and neck injuries
 - Etiology
 - Generally an axial load w/ some degree of cervical flexion
 - Signs and Symptoms
 - Neck point tenderness, restricted motion, cervical muscle spasm, cervical pain, pain in the chest and extremities, numbness in the trunk and or limbs, weakness in the trunk and/or limbs, loss of bladder and bowel control



33.202. Safety Training Required

- Recognizing symptoms of potentially catastrophic injuries
 - Concussions
 - Etiology
 - Result of direct blow, shaking of the brain
 - Signs and Symptoms
 - Brief periods of diminished consciousness or unconsciousness that lasts seconds or minutes
 - Post-traumatic amnesia lasting <24 hours
 - Athlete complains of a range of postconcussion problems
 - Persistent headaches, impaired memory, lack of concentration, anxiety and irritability, giddiness, fatigue, depression, visual disturbances
 - May begin immediately following injury and may last for weeks to months



33.202. Safety Training Required

- Recognizing symptoms of potentially catastrophic injuries
 - Injuries related to second impact syndrome
 - Etiology
 - Result of rapid swelling and herniation of brain after a second head injury before symptoms of the initial injury have resolved
 - Impact disrupts the brain's blood auto regulatory system leading to swelling, increasing intracranial pressure
 - Signs and Symptoms
 - Often athlete does not lose consciousness and may look stunned
 - Within 15 seconds - several minutes of injury athlete's condition degrades rapidly
 - Dilated pupils, loss of eye movement, Loss Of Consciousness leading to coma, and respiratory failure

33.202. Safety Training Required

- Recognizing symptoms of potentially catastrophic injuries
 - Asthma attacks
 - Etiology
 - Caused by viral respiratory tract infection, emotional upset, changes in barometric pressure or temperature, exercise, inhalation of noxious odor or exposure to specific allergen
 - Sign and Symptoms
 - Spasm of smooth bronchial musculature, edema, inflammation of mucus membrane
 - Difficulty breathing, may cause hyperventilation resulting in dizziness, coughing, wheezing, shortness of breath and fatigue
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33.202. Safety Training Required

- Recognizing symptoms of potentially catastrophic injuries
 - Heatstroke
 - Etiology
 - Increased body temperature, prolonged exposure to extreme heat and humidity create the problem
 - Signs and Symptoms
 - Headache, vertigo, fatigue, flushed skin; relatively no sweating, pulse rate increases rapidly and may reach 160-180; respiration increases, temperature rises rapidly to 104°; diarrhea, vomiting; can cause permanent brain damage and/or death
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33.202. Safety Training Required

- Recognizing symptoms of potentially catastrophic injuries
 - Cardiac arrest
 - Etiology
 - Sudden, sometimes congenital, usually unknown
 - (3 tests on preparticipation physical for this condition)
 - Signs & Symptoms
 - Circulation ceases, no pulse
 - No breathing
 - Often have agonal gasps (not adequate breathing)
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33.202. Safety Training Required

- Recognizing symptoms of potentially catastrophic injuries
 - Injuries requiring use of an AED
 - Early defibrillation is a critical step in improving survival for victims of cardiac arrest due to ventricular fibrillation or pulseless ventricular tachycardia but is inefficient in an unperfused heart. Efficient continuous CPR restores cerebral and coronary blood flow.

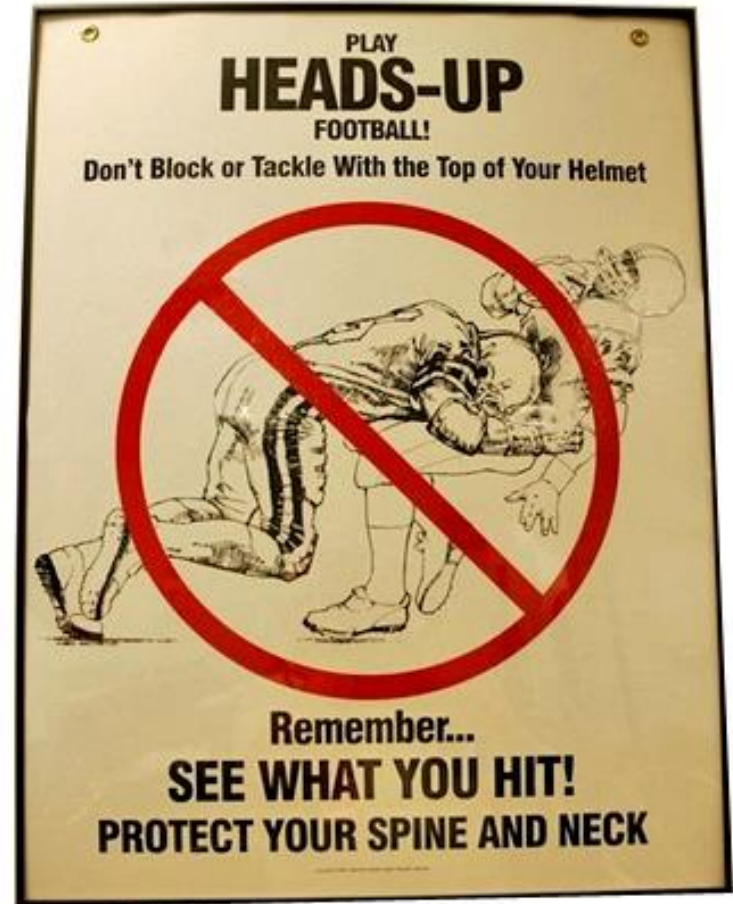


33.203. Completion of University Interscholastic League Forms

- Each student participating in an extracurricular athletic activity must complete the UIL/District forms entitled “Preparticipation Physical Evaluation—Medical History” and “Acknowledgement of Rules.”
 - Each form must be signed by both the student and the student’s parent or guardian
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33.204. Certain Unsafe Athletic Activities

- Prohibited: a coach, athletic trainer, or sponsor for an extracurricular athletic activity may not encourage or permit a student participating in the activity to engage in any unreasonably dangerous athletic technique that unnecessarily endangers the health of a student, including using a helmet or any other sports equipment as a weapon.



33.204. Certain Unsafe Athletic Activities

- Using a cast as a weapon
- Intentionally sliding into a baseman
- Chop-blocking
- Hunting injuries



33.205. Certain Safety Precautions Required

- A coach, athletic trainer or sponsor for an extracurricular athletic activity shall at each athletic practice or competition ensure that:
 - Each student participating in the activity is adequately hydrated
 - Any prescribed asthma medication for a student participating in the activity is readily available to the student
 - Emergency lanes providing access to the practice or competition area are open and clear
 - Heatstroke prevention materials are readily available
- If a student participating in an extracurricular athletic activity, including a practice or competition, becomes unconscious during the activity, the student may not:
 - Return to the practice or competition during which the student became unconscious; or
 - Participate in any extracurricular athletic activity until the student receives written authorization for such participation from a physician



33.206. Compliance; Enforcement

- A school shall make available to the public proof of compliance for each person enrolled in, employed by, or volunteering for the school who is required to receive safety training
 - The superintendent of a school district shall maintain complete and accurate records of the district's compliance
 - A school campus that is determined by the superintendent to be out of compliance with regard to UIL activities shall be subject to the range of penalties determined by the UIL
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33.208. Notice Required

- A school that offers an extracurricular athletic activity shall provide to each student participating in an extracurricular athletic activity and to the student's parent or guardian a copy of the text of sections 33.201-33.207 and a copy of the UIL's parent information manual
 - A document required to be provided under this section may be provided in an electronic format unless otherwise requested by a student, parent or guardian
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33.208. Notice Required

- UIL's parent information manual
 - http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf

- 33.201-33.207
 - <http://www.legis.state.tx.us/tlodocs/80R/billtext/doc/SB00082F.doc>

33.209. Incorporation of Safety Regulations

- The UIL shall incorporate the provisions of sections 33.203-33.207 into the league's constitution and contest rules



33.210. Immunity from Liability

- This does not waive any liability or immunity of a school district or its officers or employees. This subchapter does not create any liability for or a cause of action against a school district or its officers or employees
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33.211. Limitations on Liability

- A person who volunteers to assist with an extracurricular activity is not liable for civil damages arising out of an act or omission relating to the requirements under section 33.205 unless the act or omission is willfully or wantonly negligent
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