

**Rugby New Jersey**

**Medical & Safety Protocols**

**Adopted September 4, 2014**

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**Effective for the Spring 2015 Season**

**The following protocols have been adopted as the expected standard practice.**

**1. Pre-Participation Exams -**

Prior to participation on any Rugby NJ Team, each participant must have medical clearance and complete the New Jersey Department of Education Annual Athletic Pre Participation Physical Examination Form and return them to the team's manager, coach or designee. Physicals are good for 365 days.

**NJ Department of Education Annual Athletic Pre Participation Form**

**2. Concussion Policy**

The following paragraphs have been Adopted from the Model Policy and Guidance for Prevention and Treatment of Sports-Related Concussions and Head Injuries - <http://njsiaa.org/NJSIAA/11ConcussionModelPolicyDOE.pdf>

Background:

*Legislation (P.L.2010, Chapter 94) (N.J.S.A 18A:40-41.3) enacted on December 7<sup>th</sup>, 2010 requires each school district, charter, and non –public school that participates in interscholastic athletics to adopt by September 1, 2011, a policy concerning the prevention and treatment of sports –related concussions and other head injuries among student-athletes.*

Rugby NJ is comprised of both single schools and High School club teams. The Single School League participants may adopt their school NJSIAA concussion management protocols as outlined by their school's athletic department.

High School club teams must establish and implement policies, procedures and programs for the prevention, treatment and education of Sports- Related Concussions and Head Injuries.

## Concussion Policy Requirements

- Removal of a student athlete from competition or practice if an athlete sustains or is suspected of sustaining a concussion or other head injury. The student athlete may not return to play until he/she has obtained medical clearance in compliance with the school or clubs return to play policy.
- All coaches, team physicians, athletic trainers, medical personnel including Nurses, EMT's and Paramedics must complete and Head Injury Training Program.
- Distribution of NJ Department of Education Concussion and Head Injury Pact sheet to every student athlete who participates in SBRO-NJ.

### **Model Policy and Guidelines for Prevention and Treatment of Sports-Related Concussions and Head Injuries Attached.**

## 3. Sudden Cardiac Death

The incidence of sudden cardiac death (SCD) among student athletes, often due to undetected heart conditions, has caused great concern throughout New Jersey. In response to this serious problem and in an effort to increase awareness and emphasize prevention of possible sudden death of young athletes, the Legislature passed and the Governor signed P. L. 2009, Chapter 260.

The law established the New Jersey Student Athlete Cardiac Screening Task Force. The Task Force has completed the portion of its mandate to develop an informational brochure about sudden cardiac death for distribution to all districts in the State. In accordance with N.J.S.A. 18A:40-41 school districts are required to distribute the pamphlet to the parents or guardians of students participating in school sports

Rugby NJ has adopted adherence to this NJSIAA policy. All teams playing within the Rugby NJ league must provide a copy of the informational brochure on sudden cardiac death to the parents and players.

## 3. Game Day Safety

**Site Manager** – The home team must have a designated site manager. This person must be knowledgeable of the emergency plan at the pitch. This includes notification of emergency personnel, complete access to the pitch for emergency personnel and vehicles, a weather emergency plan including wind storms, lightning, and heat emergencies.

**Game Day Medical Personnel**- The home team must have designated medical personnel available during all games, "A, B & C" side games. A physician, certified athletic trainer, registered nurse, emergency medical technician or paramedic may be part of the medical

team as determined by the school or clubs policy. General first aid equipment including a Automatic External Defibrillator (AED) and ice must be available.

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