

# **Cascade Collegiate Conference**



**2018-19  
SPORTS MEDICINE  
GUIDELINES**

## Cascade Collegiate Conference

### Sports Medicine Guidelines



#### **1.0 Host Institution/Certified Athletic Trainer Responsibilities:**

- 1.1 Be in attendance for **all** athletic events.
- 1.2 Develop and implement an emergency action plan for all home athletic events
- 1.3 Training Room access should at least include but not limited to; table, heat, ice, modalities (ultrasound, e-stim).
- 1.4 Injury ice and ice bags are readily available at the venue
- 1.5 Supply water and cups/water bottles on each bench
- 1.6 Provide appropriate biohazard equipment at the event including blood kit when prescribed
- 1.7 Provide emergency trauma equipment at the event (i.e. splints, AED etc.)
- 1.8 Provide information that is prudent (i.e. conflict with open times, change of venue, etc.) a few days in advance to the visiting team's Certified Athletic Trainer.

#### **2.0 Visiting Institution:**

- 2.1 Supply a medical kit with necessary supplies for their team
  - 2.2 Supply a written request for modalities signed by the athletic trainer or team physician
- NOTE:** AT's are asked to provide your list for acute care/treatments in priority order to host AT

#### **3.0 Specific Sport Guidelines:**

##### **3.1 VOLLEYBALL:**

- 3.1.1 Two (2) hours prior to a match access to a training room and a Certified Athletic Trainer should be made available

##### **3.2 SOCCER:**

3.2.1 Two (2) hours prior to a game, access to an athletic training room and treatment for both Men and Women's Teams, and a Certified Athletic Trainer (ATC) should be made available. If more time is needed for treatment of athletes, then this needs to be communicated to host site by a coach and/or ATC of visiting team 24 hrs prior to the event. The agreed upon changes will then be implemented. All treatments should be completed 1 hour prior to start of first contest to allow for any general ATC services and preparation of ATC to get to competition venue.

3.2.2 Host ATC's must be at the competition venue, set up and prepared to see student athletes one (1) hour prior to first game time. If venue is off campus, ATC's shall leave adequate travel time from campus to ensure that this guideline is met. ATC's reserve the right to adjust and/or not begin treatments that may affect the ability to meet this guideline.

3.2.3- At half time of the first game, an ATC should be made available at the competition site for any final taping or wrapping needs in preparation for game two. This service may be delayed into the second half if student-athletes from game one need immediate ATC services.

##### **3.3 CROSS COUNTRY:**

- 3.3.1 One (1) hour prior to the meet at the venue a Certified Athletic Trainer should be made available.

##### **3.4 BASKETBALL:**

- 3.4.1 Two (2) hours prior to the first game, access to a training room and a Certified Athletic Trainer should be made available.

- 3.4.2 Half time of the first game, training room and a Certified Athletic Trainer should be made available.

### **3.5 SOFTBALL/BASEBALL:**

- 3.5.1 Two (2) hours prior to a game access to a training room and a Certified Athletic Trainer should be made available. Some institutions might require extra time for off campus games
- 3.5.2 Host ATC's must be at the competition venue One (1) hour prior to game time

### **3.6 GOLF:**

- 3.6.1 One and one half (1.5) hour prior to the first scheduled tee time a Certified Athletic Trainer should be made available at the venue and remain on site until all competitors have begun play
- 3.6.2 Host School head coach and/or assistant required to have current certification in First Aid/CPR and AED
- 3.6.3 Host head coach to provide course emergency protocols to all teams prior to tournament
- 3.6.4 Certified Athletic Trainer on call at completion of each day of tournament to provide any necessary treatment

### **3.7 TRACK/FIELD:**

- 3.7.1 One and a half (1.5) hours prior to the start of first scheduled event a Certified Athletic Trainer should be made available at the venue.

### **3.8 Wrestling**

- 3.8.1 Two (2) hours prior to a duel and two and a half (2.5) hours before a tournament a Certified Athletic trainer should be made available.
- 3.8.2 Skin Checks are 15 minutes prior to weigh-ins.

*3.8.2.1 Multi-Day Events.* Medical examinations/skin checks shall be conducted each day

- *Failing Medical Examinations.* The presence of a communicable skin disease, as determined by the physician or certified athletic trainer, shall be full and sufficient reason for disqualification.

Disqualification for a communicable skin disease shall be listed as a medical forfeit in the bracket.

- *Competition While Being Treated.* If a wrestler has been previously diagnosed as having a skin condition and is currently being treated by a physician, who has determined it is safe for the individual to compete without jeopardizing the health of the opponent, the entrant may be considered for competition after review of the required treatment documents.

- *Documentation Requirement.* The coach or certified athletic trainer of the wrestler under treatment shall provide a hard copy of current written documentation from the treating physician to the medical professional at the medical examination. Documentation will need to have:

1. The diagnosed skin disease or condition;
2. The prescribed treatment and time necessary for it to take effect
3. That the skin disease or condition would not be communicable or harmful to the opponent at the time of competition.

3.8.3 Final medical determination of the entrant's ability to compete shall be made by the host site's physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the exam.

3.8.4 Weigh-ins

- For Duels are one hour prior to the scheduled first match
- Tournaments are two hours before the first scheduled contest for the first day. One hour each day after that.
- Only one Weigh in session per day



---

## **Cascade Collegiate Conference Inclement Weather Guidelines**

*The Cascade Collegiate Conference recognizes the importance of a safe environment for all participants. The certified athletic trainers of the Cascade Collegiate Conference have developed these general guidelines and a chain of command for suspending outdoor athletic events in cases of inclement weather, specifically thunder and lightning, but which may also include other environmental conditions that may be dangerous for participants and spectators (conditions such as high winds, hail, and tornado activity are also life threatening conditions where athletic activity should be suspended). Inclement weather may include one or all of these conditions. This document includes pertinent information from the NAIA Inclement Weather Guidelines as well as policies and procedures from the Cascade Collegiate Conference Certified Athletic Trainers for its member institutions to follow in inclement weather situations.*

### ***I. Monitoring of Weather Conditions: Be Ready to Activate the Chain of Command***

**When thunder or lightning is observed, suspend activities with a “flash to bang” count of 30 seconds or less (meaning the storm is six [6] miles away)**

To use this method, count the seconds from the time the lightning is sighted to when a clap of thunder is heard. Divide this number by five to determine how far away (in miles) the lightning is occurring.

*Example: 20 second count = 4 mile distance, 25 second count = 5 mile distance, etc.*

### ***II. Leave the athletic fields and seek SAFE shelter areas – IMMEDIATELY!***

Safe shelters are defined as:

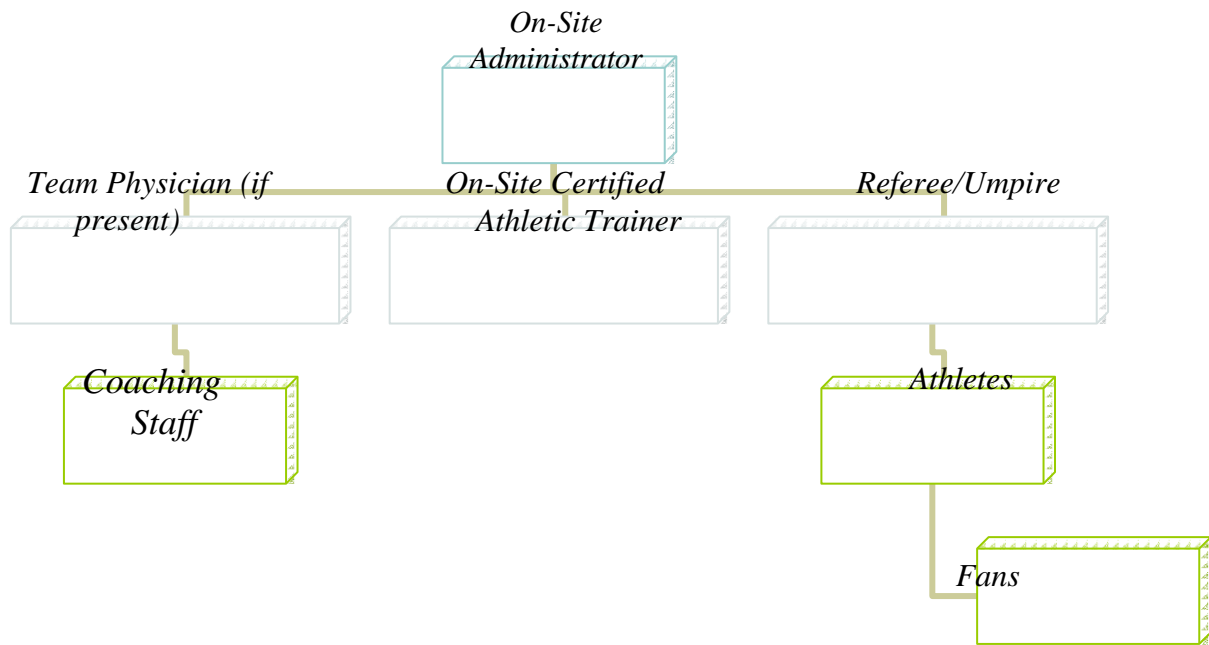
- ☐ enclosed buildings
- ☐ fully enclosed metal vehicles with windows up
- ☐ low ground areas (bottom of a hill, lumps of bushes, etc.) as a last resort

Each institution must determine SAFE areas that are accessible to playing fields it utilizes. These areas should be determined by the certified athletic trainer at each institution.

Individual institutions will incorporate their own policies relating to specific safe areas, areas to avoid, and unsafe areas.

### ***III. It is permissible to resume activity 30 minutes from the last sighting of lightning or sound of thunder.***

## Chain of Command



### ***On-Site Certified Athletic Trainer***

It is the responsibility of the on-site certified athletic trainer to design and implement the Inclement Weather Guidelines for their respective institution. He or she must educate the coaching staff of these guidelines and implications involved in implementing them prior to the start of the season. Safe areas must also be determined by the certified athletic trainer prior to the start of the school year.

If inclement weather is forecast by the National Weather Service, the on-site certified athletic trainer should inform the coaching staff and referees or umpires of the conference guidelines and the procedures for implementation. If inclement weather is approaching, the on-site certified athletic trainer will inform the on-site administrator, coaching staff, and referees or umpires. Activity must be suspended if the “flash-to-bang count is 30 seconds or less.”

### ***Team Physician (if present)***

The team physician and on-site certified athletic trainer will work together to implement these guidelines prior to the start of the school year. The team physician will be aware of the specific procedures to be followed in case of inclement weather. If present, he or she can assist the on-site certified athletic trainer to implement the procedures involved in getting athletes, coaching staff, game personnel, and fans to safety.

### ***Referees/Umpires***

The responsibility of referees and umpires is to follow the Inclement Weather Guidelines and suspend all activity when the on-site certified athletic trainer informs them the “flash-to-bang” count is 30 seconds or less. **This means the lightning is six miles away or less.**

### ***On-Site Administrator and Coaching Staff***

The on-site administrator and coaching staff should assist the on-site certified athletic trainer to inform athletes and fans of the inclement weather and assist them in getting to areas of safety.

### ***Athletes***

Athletes will follow the direction of the on-site certified athletic trainer, on-site administrator, and coaching staff and go to the designated areas of safety.

### ***Fans/Audience***

Those fans observing the competition can be at risk for inclement weather. If the school has a public address system, fans should be informed and told where to seek shelter should inclement weather be a possibility. This should be done prior to the start of the competition, or as appropriate.

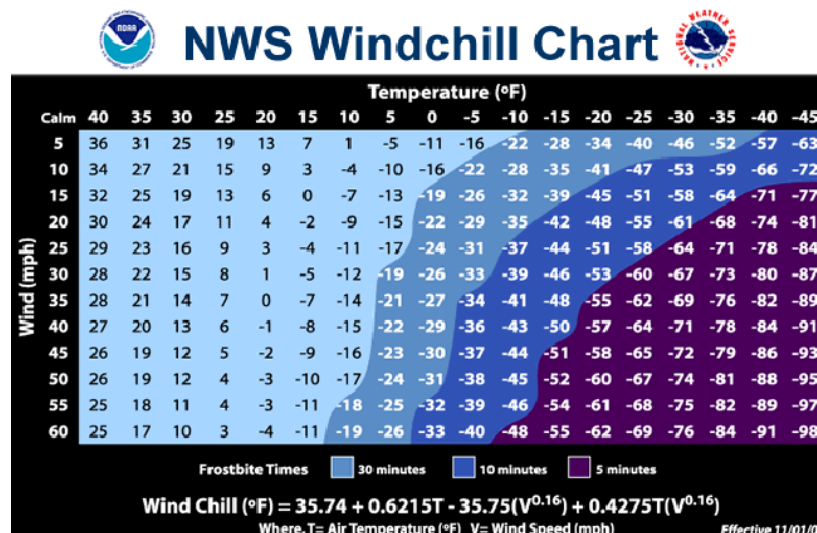


## COLD STRESS AND COLD EXPOSURE

The following guidelines for cold weather activities have been approved for CCC Contests. The athletic trainer of the host institution shall, in consultation with host game administrator, and head official monitor conditions via <http://www.noaa.gov/> prior to and throughout a contest when conditions are present that require it. For CCC Contests:

- 30 degrees Fahrenheit and below – be aware of potential cold injury and notify personnel of the potential
- 25 degrees Fahrenheit and below – use additional protective clothing, cover as much exposed skin as practical and provide opportunities and facilities for rewarming
- 15 degrees Fahrenheit and below – consider modifying activities to limit exposure or to allow for more frequent chances to re-warm
- 0 degrees Fahrenheit to -19 degrees – consider terminating or rescheduling activity based on expertise of Head official, Host head Trainer and Host game administrator in consultation with CCC Commissioner
- Temperatures below -19 Fahrenheit or With Wind Chill temperatures at -20 or below • Wind Chill - Standard guideline is that the threshold for potentially dangerous wind chill conditions is about minus-20 degrees Fahrenheit. If sustained conditions are present at -19 Fahrenheit or with wind chill temperatures at -20 or below CCC contests will either be terminated or not started and rescheduled.

In the event a host location is at risk of falling under the below advisories prior to a contest, every effort should be made to communicate as early as possible with Commissioners office and visiting team to develop backup plans.



- Wind Chill Advisory – Temperature could be life threatening.
- Wind Chill Warning – Temperatures are life threatening.
- Blizzard Warning – Winds of 35 miles per hour or higher with considerable snow blowing and visibility of less than one quarter (1/4) of a mile.

## HEAT STRESS AND HEAT EXPOSURE

The following guidelines for hot weather activities have been approved for CCC Contests. The athletic trainer of the host institution shall, in consultation with host game administrator, and head official monitor conditions via <http://www.noaa.gov/> prior to and throughout a contest when conditions are present that require it. For CCC Contests:

- **YELLOW:** Chance of heat illness is low, but still possible. Continue with normal preparations
- **YELLOW/ORANGE:** ensure each team has adequate access to water for breaks; consider, with consultation of officials, adding additional water breaks to the contest
- **ORANGE:** if it appears to be a sustained period of time, contests shall be terminated or not started and rescheduled

### NOAA's National Weather Service

#### Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger

Synthetic surfaces can be 35-55 degrees higher in temperature than natural grass. If you are playing on a synthetic surface this should be taken into account as you monitor temperature. Cooling of the surface through use of automatic sprinklers should be considered prior to, and if necessary, periodically during breaks of a contest.

#### Practice Recommendations:

Heatstroke risk rises with increasing heat and relative humidity. Fluid breaks should be scheduled for all practices and scheduled more frequently as the heat index rises. Add 5 degrees to temperature between 10 AM and 4 PM from mid-May to mid-September on bright, sunny days. Practices should be modified for the safety of the athletes to reflect the heat index. Consider your surface (turf) as well.

<http://www.nata.org/sites/default/files/externalheatillnesses.pdf>



### Cascade Collegiate Conference Air Quality Policy

The CCC has an approved Air Quality policy related to conference regular season and postseason competition.

#### AIR QUALITY INDEX

The Air Quality Index (AQI) is the EPA's scale for rating air quality. It is a color coded tool that categorizes air quality. State Department of Environmental Quality (DEQ) maintains air quality ratings that are updated hourly and can be accessed online at each states DEQ site. **Determination of AQI will be based from each states DEQ site which has a consistent measuring system.**

Each category corresponds to a different level of health concern. The six levels of health concern and what they mean are:

- "Good" AQI is 0 - 50. Air quality is considered satisfactory, and air pollution poses little or no risk. **Health Message- None**
- "Moderate" AQI is 51 - 100. Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people. For example, people who are unusually sensitive to ozone may experience respiratory symptoms. Health Message- **Unusually sensitive people should consider reducing prolonged or heavy exertion.**
- "Unhealthy for Sensitive Groups" AQI is 101 - 150. Although general public is not likely to be affected at this AQI range, people with lung disease, older adults and children are at a greater risk from exposure to ozone, whereas persons with heart and lung disease, older adults and children are at greater risk from the presence of particles in the air. **Health Message- People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.**
- "Unhealthy" AQI is 151 - 200. Everyone may begin to experience some adverse health effects, and members of the sensitive groups may experience more serious effects. Health Message: **People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.**
- "Very Unhealthy" AQI is 201 - 300. This would trigger a health alert signifying that everyone may experience more serious health effects.
- "Hazardous" AQI greater than 300. This would trigger health warnings of emergency conditions. The entire population is more likely to be affected.

#### VISIBILITY

State DEQ's monitors air pollution throughout the state to ensure that air quality standards are being met. Because wildfires often occur in remote areas, and the smoke impacts are transitory, monitoring wildfire smoke levels is often difficult. Remember, local smoke levels can rise and fall rapidly, depending on weather factors including wind direction. People can conduct a visual assessment of smoke levels to quickly get a sense of air quality levels and take precautions. The procedure for making this observation is:

1. Face away from the sun
2. Determine the limit of your visual range by looking for targets at known distances (miles).
3. Visual range is that point at which even high contrast objects totally disappear.

Use the values below to determine the local AQI category



AQI Color	AQI Value	Visibility	AQI Category	Recommendations for Practice/Non-Conf.	Cascade Conference Contest Policy
Green	0 – 50	15 miles and up	Good	Hold outdoor sporting events as usual. Athletes with asthma should keep rescue inhalers at hand. Athletes with other smoke related sensitivities should take precautions as symptoms dictate.	Hold activities as scheduled
Yellow	51 – 100	8 to 14 miles	Moderate	Hold outdoor sporting events as usual. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise as directed by their healthcare provider. All athletes with respiratory illness should limit outdoor activity, monitor symptoms and reduce/cease	Hold activities as scheduled
Orange	101 – 150	3 to 7 miles	Unhealthy for Sensitive Groups	Activities over 2 hours should decrease in intensity and duration. Add rest breaks or substitutions to lower breathing rates. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise as directed by their healthcare provider. All athletes with respiratory illness should limit outdoor activity, monitor symptoms and reduce/cease activity if symptoms arise.	Contests may be held as scheduled with agreement of schools. ATC's should monitor levels before and throughout contest and make necessary recommendations to head administrator and chief official. Consultation between AD's, trainers, coaches and the commissioner should be available. If the AQI is trending towards red postponement should be considered. If a school has a stricter policy it shall be honored. In case postponement and rescheduling shall take place
Red	151 – 200	1½ to 2½ miles	Unhealthy	Consider postponing/delaying/relocating outdoor sporting events, especially high exertion activities like soccer. Activities over 2 hours should decrease in intensity and duration. Add rest breaks or substitutions to lower breathing rates. If possible, move athletic practices indoors. If event/practice is held, athletes with asthma or other respiratory illnesses are advised not to participate. All athletes should limit their outdoor	CCC contests shall be canceled and rescheduled
Purple	201 – 300	1 mile	Very Unhealthy	Sustained rigorous exercise for more than one hour must be rescheduled, moved indoors or discontinued. Consider postponing/delaying/relocating all outdoor sporting events. Move all athletic practices indoors. All athletes with asthma and other respiratory illnesses are advised to stay	CCC contests shall be canceled and rescheduled
Maroon	300 - 500	Less than ½ mile	Hazardous	Cancel all outdoor sporting events or relocate to an indoor location. Move all athletic practices indoors.	CCC contests shall be canceled and rescheduled
At all times, athletes experiencing respiratory symptoms should consult their personal healthcare provider.					

- \*If a school has a stricter policy than the CCC policy it shall be honored for **regular season contests**. Every effort should be made to communicate well ahead of time if a location is at risk of being in a zone that would require postponement or cancelation of a contest.
- Additionally, each school must develop and submit their policy to the CCC annually to be shared with all conference schools. If schools elect to follow CCC policy written notification from the AD stating that is acceptable.



#### **\*CCC Championships**

- Because CCC Championship dates are primarily established based on NAIA qualification deadlines all CCC championships will be held as scheduled if AQI in the Green, Yellow or Orange categories. Schools should take the necessary precautions with athletes in sensitive groups if a championship is held in the Orange Category. This could result in certain athletes being held out of championship competition which could impact results.
- CCC Championship events may be postponed and/or rescheduled if enough time is available to meet the NAIA qualification deadlines
- In the event that a CCC Championship Event cannot be started or cannot be completed due to Air Quality issues, contingency plans outlined in each Sport Guidelines will be in effect.

#### **Standings and Seeding's**

- Unless specifically addresses in sport guidelines, contests that are postponed or canceled and cannot be rescheduled, will result in standings and seeding's for tournaments being determined on winning percentage since teams likely would not have played an equal number of contests.