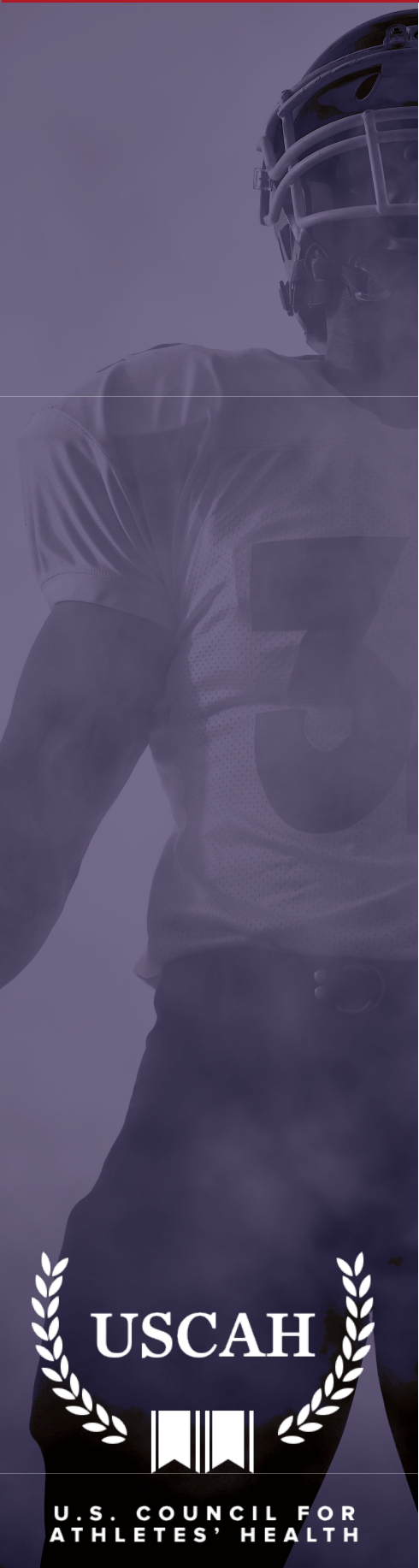


# USCAH Mandatory Compliance Requirements and Best Practices Checklist

Per the Interassociation Recommendations for the Prevention of Catastrophic Injury and Death in Collegiate Athletes



## 1. Sportsmanship

- Address deliberate injury
- Address use of head or helmet as weapon
- Must be addressed on an annual basis

## 2. Protective Equipment

- Equipment meets standards for initial certification & recertification
- Policy to assure annual standards are met

## 3. Acclimatization and Conditioning

- Evidence and Consensus Based
- Sport Specific
- Intentionally administered
- Appropriately Monitored
- Intentional, gradual and progressive
- Transition Periods
- Documented Sessions
- Approved Sessions
- Reproducible and Shared sessions
- Disciplinary System established

## 4. Emergency Action Plan

- Development of Emergency Action Plans
  - o Venue Specific
  - o Transparent
  - o Rehearsed
  - o Documented
- Review of 12 catastrophic events

## 5. Responsibilities of Athletics Personnel

- Physical Activity not used for punishment
- Duty to discontinue activities
- Administered by properly credentialed professionals
- Sports Medicine Personnel unchallengeable authority to d/c workouts
- S&C has reporting line to Sports Medicine or Sport Performance lines

## 6. Education and Training

- Requirements for education & training of all athletics personnel & athletes
- Record compliance on an ANNUAL basis
- Minimal training requirements for each group of required participants
- Minimum training on required topics

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For additional information and programming to ensure your institution meets the NCAA Interassociation Requirements collaborate with USCAH. Contact USCAH at [info@uscah.com](mailto:info@uscah.com) or visit the website at [uscah.com](http://uscah.com).