

Proposal for CPR/AED Training for Grade 7-12 Coaches (VPA schools/sports) in Vermont
In Combination with Emergency Action Plans (**approved by ASC 5/1/15**)

1. Require all **paid coaches** of grade 7-12 sports to be CPR (compression only)/AED trained prior to beginning coaching assignment.
2. Rescind requirement of NFHS sports first aid requirement currently of secondary school coaches
Rationale: This course content is very basic and includes head injury first aid, use of ice/heat and bleeding control. It does reference CPR, but does not teach it. Since students in Vermont are required to be exposed to compression only CPR, coaches should minimally know this lifesaving skill. After a survey of high schools in Vermont, the majority of schools have AED's, however, we are not training our coaches to use them. It is a very basic skill that will save lives in every community. Coaches already take the Concussion module as an additionally state law. **(This section was not approved by ASC. As a result, the First Aid requirement still remains in the Coaches Education Program)**
3. Coaches continue with NFHS Concussion Training per VT Statute
4. Require Schools to have written Emergency Action Plans for after school sporting activities/venues
Rationale: All schools have emergency action planning for in school emergencies and drills. This includes fire, intruders in the building, bomb threats etc. The after school emergency plan for activities is often lacking, but is not a difficult jump to adapt what is already in place. Schools are encouraged to use their existing plans and resources to complete the Athletic Emergency Action Plan. See below
5. Components, templates and examples of EAP's will be provided to schools as examples.
6. Add "Anyone Can Save A Life" Program requirement for schools to have in place in conjunction with formal written & posted Emergency Action Plans (EAP)...this program includes CPR/AED. This program includes training after school personnel, students-athletes, event staff in the plan.
Rationale: This program will help schools bring CPR/AED Training and EAP planning and writing together. It is a "cookbook" type approach that schools can use to help them implement these plans.
7. Vermont Association of Athletic Trainers will assist any school with implementation of EAP and/or Anyone Can Save A Life with onsite visit, running the training etc.
8. Consider NFHS Heat Acclimatization Training Module requirement for coaches (Maine requires now, CT considering it) It is the newest module NFHS is rolling out, and now that it is included in Heads up Football, other sports would benefit as well. **(The new heat/cold policies were approved and will be sent to all schools and will be on the VPA website. No specific training module requirement has been as established yet.)**