

ORGANIZED 1946

MEMBER OF THE
NATIONAL FEDERATION OF
STATE HIGH SCHOOL
ASSOCIATIONS



TELEPHONE: (410) 767-0376
FAX: (410) 333-3111

R. ANDREW WARNER
EXECUTIVE DIRECTOR

Maryland State Department of Education
200 West Baltimore Street
Baltimore, MD 21201

Subtitle 06 SUPPORTING PROGRAMS
13A.06.03 Interscholastic Athletics in the State

Authority: Education Article, SS2-205 and 2-303(j),
Annotated Code of Maryland
.04 Operational Guidelines

B. MPSSAA Coaching Eligibility

(3) All coaches shall have completed or be enrolled in a one-credit course in the prevention and care of athletic injuries.

Following is a suggested outline formulated by the MPSSAA Medical Advisory Board (revised April 22, 1998; September 8, 2010; April 17, 2014):

CARE AND PREVENTION OF ATHLETIC INJURIES COURSE OUTLINE

- I. CPR/AED Certification Suggested time allocation : 3 hrs.
- II. Concussion in Sports – NFHS Learn Module 1 hr.
- III. Heat Acclimatization Training..... 1 hr.
- IV. Sudden Cardiac Arrest Awareness..... 1 hr.
- V. Coaches Mental Health Training 1 hr.
- VI. Legal IssuesSuggested time allocation: 45 mins.
 - Emergency Plan – Where to locate the plan and training requirements.
 - Overview of Bills affecting athletics.
 - Laws and MSDE recommended procedures for Heat Acclimatization and Concussions
 - Medical records and documentation
 - 14 Legal Duties of a Coach
 - Safety
- VII. Introduction and Prevention of InjurySuggested time allocation: 1 hr.
 - Mechanisms of injury
 - Tissue response to injury (mild/moderate/severe)
 - Stages of healing
 - Conditioning Considerations
 - Principles of taping vs. braces
 -
- VIII. First Aid/On Field Management of Injuries..... Suggested time allocation: 1 hr. 15 min.
 - Concussion Awareness
 - Signs and Symptoms review
 - Return to play protocol
 - Primary/Secondary survey
 - Cuts, blisters, bruises, skin issues
 - Hyperventilation
 - Care of eye, mouth, nose injuries
 - Thermal injuries
 - Choking
 - Hygiene and sanitation (facilities, equipment, supplies)
 - Hot and Cold Treatment (RICE/ICER treatment)

- Ambulatory assistance
 - Bloodborne pathogens, use of personal protection equipment
 - First Aid kit
- IX. **Life Threatening Injuries.....Suggested time allocation: 1 hr. and 15 min.**
- Cardiac - review
 - Head/Brain - review
 - Spinal
 - Respiratory
 - Circulatory
 - Thoracic/Internal injuries
 - EpiPen
 - Seizure
- X. **Ankle Injuries.....Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
 - Common injuries and causes
 - Rehabilitation – specific exercises and techniques
 - Hands on Training/practical vignettes
 - Taping techniques
- XI. **Knee Injuries.....Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
 - Common injuries and causes
 - Hands on Training/practical vignettes
 - Rehabilitation – specific exercises and techniques
- XII. **Neck, Spine, Pelvis InjuriesSuggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
 - Common injuries and causes
 - Hands on Training/practical vignettes
 - Rehabilitation – specific exercises and techniques
- XIII. **Shoulder Injuries.....Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
 - Common injuries and causes
 - Hands on Training/practical vignettes
 - Rehabilitation – specific exercises and techniques
- XIV. **Arm, Elbow, Hand Injuries.....Suggested time allocation: 45 mins.**
- Anatomy and mechanics of the joint
 - Common injuries and causes
 - Rehabilitation – specific exercises and techniques
 - Hands on Training/practical vignettes
 - Taping techniques
- XV. **Exit Exam.....Post course exam**
- TOTAL TIME: 15 Hrs.= 1 credit**

The MPSSAA Medical Advisory Committee unanimously approved this recommendation at their October 16, 2024, meeting.