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# LCSD Safety Training for Coaches

2023-2024

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# **LCSD Mission for Athletics & Activities**

**We believe athletics and activities in the Lincoln County School District focus on encouraging all programs to create a positive culture and community by developing character, sportsmanship, work ethic, and pride for all participants.**

## **Core Values:**

- Character Development**
- Sportsmanship**
- Work Ethic**
- Pride**
- Community Involvement**

# Coaching Requirements

- LCSD Hiring Process must be completed by HR for all new hires or community coaches who have had a gap in coaching employment
- Pass LCSD Background check.
- Current CPR/First Aid Card (May be Red Cross Online for renewal)
- Safe Schools (either employee level or volunteer level)
- Passed all National Federation of State High School Association (NFHS) Courses

# OSAA/Oregon Requirements

Required Certifications and Training Courses for Oregon High School Coaches

<https://www.osaa.org/coaches> (Click on AD/Coach Requirement tab)

- Interscholastic Coaching Course (One time)
- Concussion Recognition and Management (Annually)
- Heat Illness Prevention (Every 4 yrs. except football is annual)
- Anabolic Steroids & Performance-Enhancing Substances (Every 4 yrs.)
- Interrupting and Preventing Discriminatory Acts Training (One time)
- Racial Equity Training (Optional)
- Spirit Safety Training (Annual for cheerleading and dance coaches)
- OSAA Football Certification (Annual for football coaches)
- Sudden Cardiac Arrest (Annual for football coaches)
- NFHS Football Tackling (Annual for football coaches)
- First Aid (Provided by LCSD) every 2 years.
- CPR/AED (Provided by LCSD) every 2 years.

# Sports Related Concussions

- All coaches must pass the annual CDC Heads Up concussion certification training.
  - [Annual Concussion Training](#)
- For each suspected clavicle and above contact an LCSD Concussion Signs and Symptoms Checklist Process must be completed and attached to the Student Accident Report and kept on file.
  - [Concussion Signs and Symptoms Checklist](#)
- Wear the PACE Lanyard at all Games.
- District level concussion team meets 3 times per year
  - Reviews data, discusses arising issues, makes recommendations

# Safety

- At every practice and contest a coach is expected to have a fully stocked medical kit readily available.
- A coach is expected to perform a safety inspection of the playing field, facility and equipment before and after each use.

# Student Accident Report

If a student-athlete is injured to the point of requiring medical care beyond the scope of the coaching staff (an insurance claim could be filed), the Athletic Director must be notified within 24 hours. A Student Accident Report (Form PP-12) is to be submitted to the Health Assistant, Athletic Director, Building Administration and the LCSD Business Office. This should be completed no later than the next school day. In the case of a student athlete requiring hospital admittance, the superintendent must be notified.

## Student Accident Report

# Medical Clearance

**When a student-athlete is referred to a medical professional for an injury that requires medical attention, the injured athlete will not be allowed to participate in that sport or any other sport until a written release from the student's medical provider is submitted to the Athletic Director, Building Administrator, and Health Assistant. Questions in regards to clearance should be directed to the parent, not the athlete.**



# Type 20 Certification

Any coach wishing to transport students using the Type 20 bus must be certified by passing The Class 20 Driving Class conducted by First Student. When driving on school trips please drive slowly; stay within the speed limit or slower as road conditions warrant. Clean the vehicle after each trip.

Classes are held on the 2nd Saturday of the month at 8:00 AM. Contact the trainer, Chris Carley to sign up. Email: [chris.carley@lincoln.k12.or.us](mailto:chris.carley@lincoln.k12.or.us)



# Contact Information:



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- **Zach Lillebo, Taft 7-12 Asst. Principal/Athletic Director**  
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- **Lindsay DeVries, Compass School Principal/Toledo Jr/Sr Athletic Director**  
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# Questions or Comments?



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