

**NATRONA COUNTY SCHOOL DISTRICT
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**SKI – NORDIC
CHECKLIST OF PROCEDURES**

A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign _____ Date _____

B. Emergency Action Plan is outlined, on file in the Athletic Director’s/Junior High/Middle School Event Coordinator’s office and reviewed by all coaches. Emergency Action Plan should include the Event Coordinator’s

1. Separate plans should be developed for each facility.
 - a. Outline personnel and role.
 - b. Identify necessary equipment.
2. Availability of phones and access to 911.
3. Keys to gates/locks must be easily accessible.
4. Individual should be assigned to accompany athletes to hospital.

Sign _____ Date _____
Sign _____ Date _____
Sign _____ Date _____

C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the film “When the Cheering Stop.” Each coach has read and understands.

Sign _____ Date _____
Sign _____ Date _____
Sign _____ Date _____

D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold etc. Review charts on lightning and cold hazards as well as review use of lightning detectors.

E. Mandatory pre-season meeting with parents and skiers. Safety is reviewed. Recognition form is signed by skier and parent.

F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”

G. Mountain orientation – first practice used to familiarize skiers with wetting and procedure.

H. Coach is responsible for proper emergency gear and its presence on the mountain.

I. Coordination and communication is established with Natrona County Parks and Natrona County Sheriff’s Office.

- J. Transportation to and from practice on the mountain is the athlete's responsibility, but an effort is made to assist in developing car pools with responsible drivers. Travel to or from practice in the dark or under difficult driving conditions should be monitored by coaches. One bus will run from Sunrise making one round trip each day of practice days, when a driver is available and weather permits.
- K. Emergency medical equipment and attention is provided by the Hogadon Ski Patrol who is certified by the National Ski Patrol. Appropriate emergency medical facilities are arranged at their discretion, such as Wyoming Medical Center, Fire Department EMT and the Life-Flight helicopter.
- L. Equipment: As the skier is responsible for the purchase and care of his/her equipment, a clinic is held prior to the season to cover this area of responsibility. Equipment must also be checked periodically through the season.
- M. Environment: Temperature and other weather factors are of extreme importance in Nordic Skiing. NCSO Nordic Skiing follows the guidelines established by the USTA. This is related to the clinic in which proper guidelines and dress are covered.
- N. Workout considerations: Consideration is given to the weather, the snow, the skier and the workout procedures in establishing workout goals.
- O. Evacuation Procedure: (From the mountain) is practiced and reviewed the first day. This is used in case of threatening weather or other situations which may threaten the safety of all concerned.
- P. Injured Skier: Guidelines established by the National Nordic Ski Patrol are followed. These are reviewed by the Ski Patrol annually. Also, the chain of communication for assistance is put into operation. This includes coordination with the county parks department, the sheriff's office, and if necessary, the Wyoming Medical Center.
- Q. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.

