



OSAA SPORTS MEDICINE ADVISORY COMMITTEE 2025-26 REMINDERS

HEAT ILLNESS AND HYDRATION

1. [Heat Index Calculator](#)
2. [Heat Index Policy](#)
3. [OSAA Practice Model](#)
4. [NFHS Heat Illness Prevention Course](#)

SYNTHETIC TURF FIELD GUIDANCE

Synthetic turf field surface temperatures can reach up to 200 degrees Fahrenheit, which not only increases the risk of heat illness, but may cause burns to exposed skin. Radiant heat from the synthetic surface can have a “heat island” effect that may not be accounted for if Heat Index is checked by local Zip Code.

The following guidelines should be considered when practicing, working out, or playing contests on synthetic turf from May 1 through September 30 when the outdoor temperature exceeds 80 degrees Fahrenheit.

Temperature should be measured on-site within one hour of the start of the event and monitored for the duration of the event.

1. If outdoor temperature is greater than 80 degrees Fahrenheit coaches should be aware of increased risk and observe athletes for signs of heat illness. Additional rest, water, and shade breaks should be utilized as needed.
2. If outdoor temperature is greater than 90 degrees Fahrenheit consider avoiding the use of synthetic turf fields between peak sun times of noon to 3pm.
3. If outdoor temperature is greater than 95 degrees Fahrenheit consider moving all practices, workouts, and contests to natural grass fields.

AIR QUALITY

1. [Air Quality Guidelines](#)
2. [AirNow Fire and Smoke Map](#)
3. [Oregon Department of Environmental Quality \(DEQ\)](#)
4. Areas Without Air Reporting Stations:
If air monitoring equipment is not available, member schools should utilize the [5-3-1 Visibility Index](#) to determine air quality.

CONCUSSIONS AND CONCUSSION MANAGEMENT

1. [NFHS Concussion in Sports Training Course](#)
2. [Concussion Management Policy](#)
3. [Medical Release - Return to Learn Following a Concussion](#)
4. [Medical Release - Return to Participation Following a Concussion](#)

PRE-EVENT SAFETY TIMEOUT

A **Pre-Event Safety Timeout** is designed to prepare site administrators, coaches, officials, athletic trainers, emergency medical services, team physicians, and anyone designated as responsible for the safety and medical well-being of athletes or spectators on game day to be aware, prepared, and educated.

1. [Pre-Event Safety Timeout Website Information](#)
2. [Pre-Event Safety Timeout – Mobile Template](#)
3. [Pre-Event Safety Timeout – Printable Template](#)

EMERGENCY ACTION PLAN

Each full member school shall have an Emergency Action Plan (EAP) in place for responding to life-threatening emergencies in after-school practices and events.

4. [EAP - Best Practices Checklist](#)
5. [EAP - Basic Template](#)
6. [Emergency Equipment Example](#)
7. [Communication Plan Example](#)
8. [First Responder Roles Example](#)
9. [Cardiac Emergency Practice Drills](#)
10. [NFHS Emergency Action Planning for Afterschool Programs Course](#)
11. [NFHS The Collapsed Student Course](#)
12. [NFHS Sudden Cardiac Arrest Course](#)

PHYSICAL EXAMINATION FORM

1. [Updated in April 2023 and now available in 12 languages](#)

OSAA HEALTH & SAFETY RESOURCES

1. [Additional Resources available at \[www.osaa.org\]\(http://www.osaa.org\)](#)

NFHS SPORTS MEDICINE ADVISORY COMMITTEE POSITION STATEMENTS AND GUIDELINES

1. [Additional Resources available at \[www.nfhs.org\]\(http://www.nfhs.org\)](#)