



## Oregon School Activities Association

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# OSAA SPORTS MEDICINE ADVISORY COMMITTEE 2023-24 REMINDERS

## HEAT ILLNESS AND HYDRATION

1. [Heat Index Calculator](#)
2. [Heat Index Policy](#)
3. [OSAA Practice Model](#)

**Beware of Artificial Surfaces:** Generally, synthetic turf fields are 20° to 50°F hotter than natural grass. Consider the hotter temperatures on artificial surfaces.

## AIR QUALITY

1. [Air Quality Guidelines](#)
2. OregonAir App – [Apple App Store](#) | [Google Play](#)
3. [Oregon Department of Environmental Quality \(DEQ\)](#)
4. [AirNow Fire and Smoke Map](#)
5. [PurpleAir Map](#)
6. 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 Medical Release](#)
4. [Medical Release - Return to Participation Medical Release Following a Concussion](#)

## 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.

1. [EAP - Best Practices Checklist](#)
2. [EAP - Basic Template](#)
3. [Emergency Equipment Example](#)
4. [Communication Plan Example](#)
5. [First Responder Roles Example](#)
6. [Cardiac Emergency Practice Drills](#)

## PHYSICAL EXAMINATION FORM

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

## OSAA HEALTH & SAFETY RESOURCES

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