



Superintendent, Principals, and Athletic Directors,

The safety of our students is always in the front of our minds and recent events have highlighted the need for fast, life-saving action to be taken in the event of an emergency. With that in mind, the Oregon School Activities Association (OSAA), along with the Oregon Athletic Coaches Association (OACA), the Oregon Athletic Directors Association (OADA) and the Oregon Athletic Trainers' Society (OATS) have decided to again focus on Emergency Action Plans for our joint campaign in the 2023-24 school year.

Our previous campaign centered around building a robust plan for your school and activity programs. Many of you may have lengthy plans filed away somewhere in your office for safe keeping. This year we want to focus on the ACTION in our Emergency Action Plans. With this campaign you will see information sent out on how to implement your Emergency Action Plans during practice to ensure that everyone knows what to do in the event of an emergency. There will be quick drills to run at practice, information on emergency equipment and supplies, training for coaches and athletes, and reminders to practice with your teams.

With the start of the Association and Fall Season on Monday, it is time to pull out the Emergency Action Plan and make sure everything is up to date. When meeting with your coaches, help us share the importance for all teams to have a plan and practice it. We want these discussions to be front of mind as your coaches are meeting with their new teams. No one wants to be the coach who didn't have five minutes to spare.

Another crucial piece of your EAP this time of year should include Heat Illness Prevention. Temperatures across the state next week are forecast to be well above 100 degrees. Take steps now to ensure a safe return to sports next week. It is crucial that heat acclimatization is a focal point, with extra vigilance during the first 3-4 days of any transition or acclimatization period. This is the time when our students are most vulnerable to the heat. We would recommend that breaks be held in a "cool zone" where players are out of direct sunlight.

Please review these resources and familiarize yourself with all OSAA Health and Safety policies.

- [OSAA Sports Medicine Advisory Committee 2023-24 Reminders](#)
- [Subscribe to Heat Index Alerts for your area](#)
- [Sample EAP Worksheet - Team](#)
- [EAP Basic Template](#)

