



First Responder Requirements

Any individual designated as a First Responder (FR) at any NCHSAA member high school must meet the following criteria which is set forth by [NCAC 16 06E .0206](#).

(Formally State Board of Education Policy ATHL-000)

1. Must be CPR/AED certified prior to the first practice date of the school year by an organization such as the American Red Cross or the American Heart Association and maintain certification while serving in this role. CPR/AED courses that satisfy this requirement should include some hands-on, in-person skill presentation and evaluation, regardless if part of the course is online or entirely in-person.
Note: CPR/AED certification must not lapse while serving in the role as a FR.
2. Must be First Aid certified prior to the first practice date of the school year by an organization such as the American Red Cross or the American Heart Association and maintain certification while serving in this role.
Note: First Aid certification must not lapse while serving in the role as a FR.
3. Must annually take the NFHS “Concussion in Sports” course or an equivalent concussion curriculum prior to the first practice date of the school year.
Note: This course or an equivalent is valid for 365 days and must not lapse while serving in the role as a FR.
4. Must annually complete 10 hours of staff development (SD)/Continuing Education (CE) each school year specific to first aid, injury recognition and prevention. The 10 hours may include hours necessary for recertification/renewals.
Note: Original documentation of annually completed SD/CE, including current and expired CPR/AED and First Aid cards, must be retained as proof of eligibility to serve as a FR.
5. Must annually complete and continue to maintain SD/CE in injury prevention and management. A first suggested option to satisfy the 10-hour SD/CE requirement is attending the Athletic Injury Management Courses offered in conjunction with the North Carolina Coaches Association (NCCA) Summer Clinic. If a FR is unable to attend the NCCA Summer Clinic the NCHSAA recommends two additional options to satisfy this requirement.
 - a. A second SD/CE option is taking on-line courses offered by the NFHS: *ACL Injury Prevention *Appearance and Performance Enhancing Drugs and Substance *Heat Illness Prevention *Introduction to Pitch Smart *Sports Nutrition *Student Mental Health and Suicide Prevention *Sudden Cardiac Arrest *The Collapsed Athlete *Understanding Vaping and E-Cigarettes.
 - b. Courses offered by the [Gatorade Sport Science Institute](#) is a third SD/CE option that is also on-line based.

Note: SD/CE courses are valid for 365 days from date of completion, unless otherwise indicated, and must not lapse while serving in the role as a FR.