

# MT. SAC

## CROSS COUNTRY INVITATIONAL

MT. SAC CROSS COUNTRY COURSE • WALNUT, CALIFORNIA

### MEDICAL POLICY AND INFORMATION

PLEASE READ OVER CAREFULLY

#### MEDICAL POLICY

- The number one priority of our medical staff is to respond to life threatening medical emergencies.
- Non-life threatening/minor injuries (example: scraped knees, minor cuts, etc.) may be treated if resources are available and time allows. Serious injuries take precedence and will be treated first.

#### COACHES MEDICAL RESPONSIBILITY:

- Bring a well stocked first aid kit with all the necessary supplies to care of your own athletes.
- Bring all athlete emergency information with you. Make sure emergency contact phone numbers and health condition documentation that medical personnel would need to be aware of are included.
- Bring all medications that your athletes require for their medical conditions. Make sure the medication is easily accessible and that you are aware of their location.
- In case of an emergency which requires a hospital visit, please designate an adult from your program (supervising adult, parent of patient) to accompany the ambulance to the hospital.
- Bring plenty of water and sports drink with you to the meet. Invest in a water jug that will take care of your entire team. Our water fountains may not suffice for everyone.

***ALL OF THE ABOVE SHOULD BE BROUGHT TO THE EVENT SITE  
AND NOT LEFT ON THE BUS.***

- It is important that your athletes eat and drink properly on and before race day.
- Please do not allow an athlete to compete if he/she is injured or ill. By sending them to the start line, the coach has certified that they are healthy and able to participate.

*Thank you for your understanding and cooperation.*

#### COACHES MEDICAL CHECKLIST

- FIRST AID KIT**  
taping supplies, bandages, gauze, scissors, etc.
- WATER JUG/SUPPLY**  
cups
- ATHLETE EMERGENCY INFORMATION**  
medical history, medications, emergency contacts, physician information, insurance information
- ATHLETE MEDICATIONS**  
inhalers, pills, other personal medication
- ATHLETE CONDITIONING**  
are they ready to run?  
are they properly hydrated?  
have they had the proper nutrition?
- EMERGENCY PLAN**  
what is the plan in case of emergency?

*If you are missing any of the supplies please make sure that you have them prior to entering the stadium. Thank you for your cooperation!*

