

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!

