



BEARDEN HIGH SCHOOL SPORTS MEDICINE

Health and Safety Policies

In addition to Bearden High School policies regarding athletic participation, the following health and safety policies are in place and enforced by the athletic trainer and KCS staff in the interest of promoting a safe environment for student athletes.

Tennessee Secondary School Athletic Association

[TSSAA Heat Policy](#)

Note: The Athletic Trainer for Bearden High School utilizes a Wet Bulb Globe Thermometer (WBGT) to establish WBGT readings rather than the Heat Index.

[TSSAA Pre-Participation Exam \(PPE\) Form](#)

Required annually for all participating athletes.

[TSSAA Concussion Policy](#)

Note: Includes the mandatory “Concussion Return to Play Form” necessary to be returned to sports participation following a concussion (pages 3-4).

[TSSAA Concussion Information & Signature Form](#)

Required annually for all participating athletes.

[TSSAA/TDOH Sudden Cardiac Arrest Policy \(Symptoms & Warning Signs\)](#)

Required annually for all participating athletes.

[TSSAA Sudden Cardiac Arrest Medical Release Form](#)

Required for return to play following incidence of sudden cardiac arrest.

[TSSAA/NFHS Lightning Policy](#)

Followed by all competition officials, coaches, medical personnel, and KCS staff.

[Smart Heart Act](#)

The Smart Heart Act requires each public and nonpublic school serving grades nine through twelve to maintain an automated external defibrillator (AED). Additionally, these schools must establish, review, and annually practice an athletics emergency action plan for responding to students who sustain cardiac arrests or other life-threatening injuries while participating in school athletic activities. The legislation also ensures that appropriate personnel on and off the field are trained in CPR and AEDs.

[BHS Athletics AED Operation Plan \(Cardiac Emergency Response Plan\)](#)



Bearden High School - Sports Medicine

[Inclement Weather Emergency Action Plan](#)

Risk recognition and emergency response to inclement weather related injury.

[Bearden High School Safeguarding Policy Statement](#)

Bearden High School is committed to safeguarding the welfare of all its participating student athletes

[Prescription & OTC Medication Parent Permission Form – Athletics](#)

This is separate from the form required of all students for medications used during school hours (below).

[Medication Safety Statement for Parents/Guardians](#)

TN Safe Stars Initiative

The Safe Stars Initiative recognizes youth sports leagues throughout Tennessee for providing the highest level of safety for their young athletes. Safe Stars consists of 3 levels: gold, silver, and bronze, and involves implementation of policies around various health related topics. Bearden High School has achieved **GOLD** recognition for the Safe Star Initiative as of 2024, which is valid for 5 years.

[TN Safe Stars Information](#)

[Safe Stars Coaches Code of Conduct](#)

Required annually for all BHS coaches.

[Safe Stars Parent Code of Conduct](#)

Required annually for all participating athletes.

Knox County Schools (KCS)

[Allergy and Anaphylaxis Emergency Action Plan](#)

Individualized emergency plan for students with known allergies/anaphylaxis triggers. This form is recommended for students with known allergies/anaphylaxis triggers to promote optimal health outcomes in the event of an emergency. Please provide to the *school nurse* for concerns during school hours and the *athletic trainer* for concerns during after school athletics.

[Medical Form for Administration of Medication and Self-Medication Administration](#)

This form is required to be on file with the BHS school nurse for the appropriate use of ANY medications on school campus during regular school hours.