

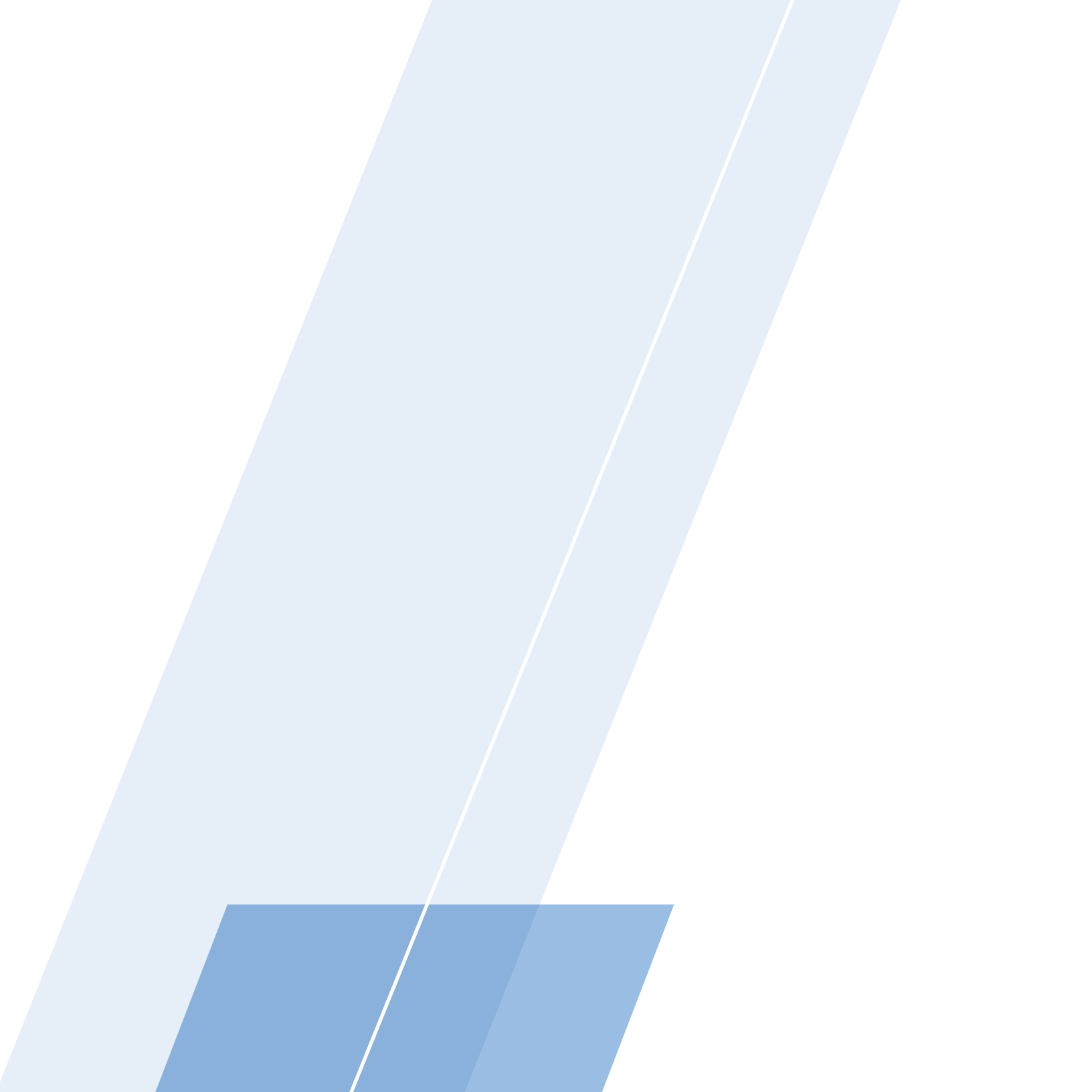


SPORT SCIENCE  
INSTITUTE™

NCAA SPORT SCIENCE INSTITUTE

# HEALTH AND SAFETY RESOURCE CATALOG







### **NCAA Sport Science Institute Health and Safety Resource Catalog**

This catalog provides NCAA member schools with information about resources developed by the NCAA Sport Science Institute, designed to support schools in their efforts to promote student-athlete health and safety. The catalog is updated and printed annually and includes an accounting of all available resources at the time of publication. For more information or for the most up-to-date resources, visit [ncaa.org/SSI](https://ncaa.org/SSI).

January 2020

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# About the NCAA Sport Science Institute

The NCAA Sport Science Institute works in collaboration with the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports to support the health and safety of student-athletes.

Led by the NCAA chief medical officer, the mission of the SSI is to promote and develop safety, excellence and wellness in college student-athletes and to foster lifelong physical and mental development.

The SSI's vision is to be the pre-eminent sport science voice for NCAA student-athletes and member institutions and to be the steward of best practices for youth and intercollegiate sports.



# What We Do

The following health and safety priority areas have been identified through consultation with the NCAA membership, as well as with leading scientific and sports medicine organizations, higher education associations and key sport stakeholders, and have been endorsed by the NCAA Board of Governors:

- Cardiac health
- Concussion
- Doping and substance misuse
- Mental health
- Nutrition, sleep and performance
- Sexual assault and interpersonal violence
- Overuse injuries and periodization
- Athletics health care administration
- Data-driven decisions

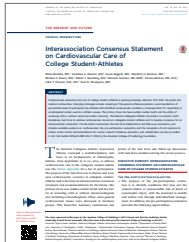


# Cardiac Health

Though many student-athletes with heart conditions can practice and compete without experiencing problems, sudden fatality from a heart condition remains the leading medical cause of death in college athletes. To address this, the NCAA Sport Science Institute is collaborating with the most respected medical and sports organizations in the country to promote research, education and best practices around cardiovascular health.

*To access these resources, as well as additional information that supports the cardiac health of college athletes, visit [ncaa.org/cardiohealth](https://ncaa.org/cardiohealth).*

## INTERASSOCIATION BEST PRACTICES

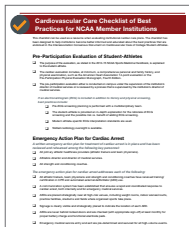


### Interassociation Consensus Statement on Cardiovascular Care of College Student-Athletes

**Audience:** Athletics Health Care Administrators, Athletic Trainers, Team Physicians

The SSI and leading sports medicine groups across the country collaborated to develop a consensus statement that includes guidance to help NCAA member schools provide cardiovascular care for college athletes and prepare for life-threatening cardiac events.

## RESOURCES



### Cardiovascular Care Checklist of Best Practices for NCAA Member Institutions

**Audience:** Athletics Health Care Administrators, Athletic Trainers, Team Physicians

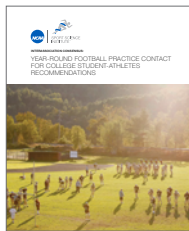
This checklist can serve as a resource for schools as they consider how to incorporate the recommendations of the consensus paper to provide cardiovascular care for college athletes and prepare for life-threatening cardiac events.

# Concussion

While sport-related concussion is an inherent risk in contact and collision sports, the NCAA has taken a leadership role, in collaboration with the U.S. Department of Defense, sports medicine and head trauma experts, and key stakeholders, in evaluating the impact of concussions and repetitive head impact, as well as developing groundbreaking research to mitigate the potential effects of head injuries in sport.

*To access best practices, checklists, fact sheets and other resources that support the concussion safety of college athletes, visit [ncaa.org/concussionsafety](https://ncaa.org/concussionsafety).*

## INTERASSOCIATION BEST PRACTICES



### **Interassociation Consensus: Year-Round Football Practice Contact Recommendation**

**Audience:** Athletics Administrators, Athletics Health Care Administrators, NCAA Football Coaches

A resource that includes year-round football practice guidance for addressing student-athlete safety and head impact exposure.

## RESOURCES



### **Concussion Safety Fact Sheets**

**Audience:** Coaches, Student-Athletes

Downloadable fact sheets that provide quick and easy-to-read information about concussion safety.

## RESOURCES CONTINUED



### Concussion Safety Protocol Checklist

**Audience:** Athletics Health Care Administrators, Athletic Trainers, Team Physicians

This resource provides step-by-step guidance for the implementation of an athletics department's concussion management plan.



### Concussion Safety Protocol Template

**Audience:** Athletics Health Care Administrators, Athletic Trainers, Team Physicians

This resource is designed for schools to consider using in order to satisfy Divisions I, II and III concussion safety protocol legislation.



### Concussion Safety Video

**Audience:** Student-Athletes

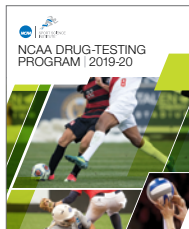
This video provides information to support the concussion safety of student-athletes.

# Doping and Substance Misuse

The NCAA is committed to fair and safe competition for college athletes. The NCAA drug-testing program, along with effective policies and educational programs, contributes to a positive campus environment that supports healthy choices and fair competition for student-athletes.

*To access guides, programs, grants and other resources that support doping and substance abuse prevention for college athletes, visit [ncaa.org/substanceabuseprevention](https://ncaa.org/substanceabuseprevention).*

## RESOURCES



### NCAA Drug-Testing Program

**Audience:** Athletics Administrators, Athletics Health Care Administrators, Athletic Trainers, Team Physicians

The NCAA drug-testing program, along with clear policies and effective education, protects student-athletes who play by the rules by playing clean. For additional drug-testing resources, such as a banned drug list, FAQs, information on the drug-testing appeals process, reporting and exception forms and site coordinator manuals, visit [ncaa.org/drugtesting](https://ncaa.org/drugtesting).



### Substance Abuse Prevention Tool Kit

**Audience:** Athletics Administrators, Athletics Health Care Administrators, Campus Prevention and Health Promotion Partners

A tool kit to assist schools in their efforts to reduce substance abuse and to promote healthy choices and a positive environment for college athletes.



## RESOURCES CONTINUED



### **Substance Use Fact Sheet**

**Audience:** Student-Athletes

An educational infographic that includes facts and figures related to substance use.



### **Understanding Dietary Supplements Handout**

**Audience:** Student-Athletes

A handout that assists student-athletes with making smart decisions related to dietary supplements, including tips on how to play it safe.

## GRANTS AND PROGRAMS



### **360 Proof**

**Audience:** Student-Athletes

An evidence-based, online prevention platform for NCAA Division III and NASPA Small Colleges and Universities Division institutions.

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### **APPLE Training Institute**

**Audience:** Athletics Administrators, Campus Prevention and Health Promotion Partners, Student-Athletes

An annual three-day training institute dedicated to substance abuse prevention and the health promotion of college athletes.

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### **myPlaybook: The Freshman Experience**

**Audience:** Freshman Student-Athletes

This free online evidence-based curriculum, developed for freshman student-athletes, is designed to promote student-athlete well-being through healthy behavioral strategies.

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### **Step UP! Bystander Intervention Training**

**Audience:** Athletics Administrators, Campus Prevention and Health Promotion Partners

A biannual three-day facilitator training program for schools to educate student-athletes to be proactive in helping others about health and safety issues.

# Mental Health

The NCAA strives to improve access to quality mental health care with the goal of creating a culture in which care-seeking for mental health issues is as normative as care-seeking for physical injuries. The SSI collaborates with higher education organizations and mental health experts to help college athletes, coaches, athletics administrators and campus partners better understand how to address mental health concerns and support student-athlete mental wellness.

*To access best practices, handbooks, online modules and other resources that support the mental health of college athletes, visit [ncaa.org/mentalhealth](https://ncaa.org/mentalhealth).*

## INTERASSOCIATION BEST PRACTICES



### Interassociation Consensus: Mental Health Best Practices

**Audience:** Athletics Administrators, Team Physicians, Athletic Trainers, Conference Offices, Campus Prevention and Health Promotion Partners, Licensed Mental Health Providers

This resource provides best practice guidance for schools to support and promote student-athlete mental health in partnership with campus stakeholders.

## RESOURCES



### Mental Health Interdisciplinary Team Planner

**Audience:** Athletics Administrators

A worksheet to help schools identify tasks and resources associated with a comprehensive approach to understanding and supporting student-athlete mental wellness.

# RESOURCES CONTINUED



## Mental Health Fact Sheets

**Audience:** Athletics Administrators, Coaches, Student-Athletes

Six educational fact sheet resources that provide information about anxiety awareness, depression, awareness of eating disorders, risk of suicide, sports psychologists and appropriate language for discussing mental health issues.



## NCAA Coaches Assist for Empathic Response

**Audience:** Coaches

A training video that provides coaches with communication tools to have meaningful conversation about well-being with the student-athletes on their team and on their campus.



## Supporting Student-Athlete Mental Wellness

**Audience:** Athletics Administrators, Coaches, Student-Athletes

Interactive education modules that help promote mental wellness and resiliency and encourage and destigmatize help-seeking for mental health concerns.

## RESOURCES CONTINUED

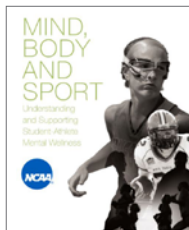


### **Mental Health Workshop Planning Kit**

**Audience:** Conference Offices

A resource to assist in planning and implementing a mental health workshop for conference members.

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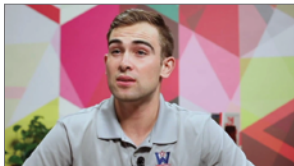


### **Mind, Body and Sport**

**Audience:** Athletics Administrators, Campus Prevention and Health Promotion Partners, Student-Athletes

A collection of chapters from experts in the field, combined with first-person stories to support student-athlete mental wellness.

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### **Student-Athlete Mental Health Perspectives**

**Audience:** Athletics Administrators, Coaches, Student-Athletes

A video for all audiences to use in understanding the importance of supporting student-athlete mental wellness.

# Nutrition, Sleep and Performance

The healthy performance of college athletes is foundational to the work of the NCAA. The SSI provides resources to promote adequate nutrition, hydration and the responsible use of supplements consistent with NCAA drug policies.

To access fact sheets and other resources that support the nutrition, sleep and performance of college athletes, visit [ncaa.org/nutritionleppperformance](http://ncaa.org/nutritionleppperformance).

## RESOURCES



### Nutrition Fact Sheets

**Audience:** Athletics Administrators, Athletic Trainers, Sport Dietitians/Nutritionists, Strength and Conditioning Specialists, Team Physicians

Eight fact sheets that provide information about eating frequency, eating on the road, energy availability, fueling during exercise, fueling for recovery, nutrition facts label, vegetarian eating and understanding dietary supplements.



### Sleep and Wellness Fact Sheet

**Audience:** Student-Athletes, Athletics Administrators, Athletic Trainers, Team Physicians

This downloadable fact sheet provides recommendations for restorative sleep for student-athletes and what member schools can do to improve collegiate athlete sleep.





# Sexual Assault and Interpersonal Violence

Sexual assault and interpersonal violence on campus are important issues that impact the well-being of the student body and campus community. The NCAA supports and works with campus professionals, higher education associations and subject matter experts to develop collaborative programming and resources to support campuses in creating and maintaining a safe campus environment.

*To access tool kits, programs, handbooks and other resources that support the prevention of sexual assault and interpersonal violence, visit [ncaa.org/violenceprevention](https://ncaa.org/violenceprevention).*

## RESOURCES



### **Addressing Sexual Assault and Interpersonal Violence**

**Audience:** Athletics Administrators, Campus Prevention and Health Promotion Partners

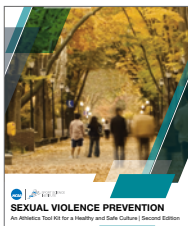
A resource that provides recommended approaches to prevent or reduce the incidents of sexual assault and other acts of interpersonal violence on college campuses.



### **Building New Traditions: Hazing Prevention in College Athletics**

**Audience:** Athletics Administrators

This handbook for athletics administrators identifies what hazing is, why athletes and teams haze, what hazing does and educational programs and positive approaches to team building.



### **Sexual Violence Prevention Tool Kit - Second Edition**

**Audience:** Athletics Administrators, Athletics Health Care Administrators, Campus Prevention and Health Promotion Partners

This resource contains strategies and resources to support campus sexual violence prevention.



## PROGRAMS



### Step UP! Bystander Intervention Training

**Audience:** Athletics Administrators, Campus Prevention/Health Promotion Partners

A biannual three-day facilitator training program for schools to educate student-athletes to be proactive in helping others about health and well-being issues.

## Overuse Injuries and Periodization

College athletes are often assumed to be some of the healthiest members of society, yet participation in years of competitive sports can expose them to overuse or overtraining injuries. The NCAA takes progressive steps to work with youth advocates, parents, clinicians, coaches and national sport governing bodies to modify safety guidelines, playing rules and equipment standards to minimize those risks and provide student-athletes with the best opportunity to enjoy a healthy career.

*To access consensus statements, handbooks and other resources that support overuse-injury prevention and periodization of college athletes, visit [ncaa.org/injuryprevention](http://ncaa.org/injuryprevention).*

## RESOURCES



### NCAA Sports Medicine Handbook

**Audience:** Athletics Administrators, Athletic Trainers, Team Physicians and other Athletics Health Care Clinicians

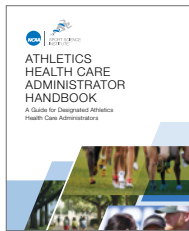
This downloadable handbook, which will soon be available as an app for Apple and Android phones, provides guidance for athletics department staff, athletic trainers and team physicians to promote a safe environment for college athletes and to assist in the development of sports medicine policies and practices that support student-athlete health and safety.

# Athletics Health Care Administration

Through its Sport Science Institute, the NCAA works with the medical community and member schools to promote best practices in athletics health care management and service delivery. Supported by leading medical and sports medicine organizations, the NCAA promotes a health care environment that provides independent medical care to college athletes and supports the integrity of medical care centered on student-athletes.

*To access best practices, briefing documents, fact sheets and other resources that support the administration of college athletics health care, visit [ncaa.org/athleticshealthcare](http://ncaa.org/athleticshealthcare).*

## RESOURCES



### **Athletics Health Care Administrator Handbook**

**Audience:** Athletics Health Care Administrators

This resource provides information about NCAA health and safety legislation, interassociation consensus recommendations, educational resources and recommended roles for athletics health care administrators.



### **Athletics Health Care Administrator Resource Center**

**Audience:** Athletics Health Care Administrators

This website provides links to educational resources for designated athletics health care administrators. The resource center may be found at [ncaa.org/AHCA](http://ncaa.org/AHCA).



## Interassociation Consensus: Independent Medical Care for College Student-Athletes Best Practices

**Audience:** Athletics Administrators, Athletics Health Care Administrators, Athletic Trainers, Team Physicians

This resource provides best practice recommendations for schools to use in the delivery of independent medical care for college athletes.



## NCAA Sports Medicine Handbook

**Audience:** Athletics Administrators, Athletic Trainers, Team Physicians and other Athletics Health Care Clinicians

This downloadable handbook, which will soon be available as an app for Apple and Android phones, provides guidance for athletics department staff, athletic trainers and team physicians to promote a safe environment for college athletes and to assist in the development of sports medicine policies and practices that support student-athlete health and safety.



## Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes

**Audience:** Athletics Health Care Administrators

The recommendations in this document have been endorsed by 13 external scientific and medical organizations and illuminate areas of consensus about the best ways to prevent catastrophic injury and death in collegiate athletes.



## Preventing Catastrophic Injury and Death in Collegiate Athletes Checklist

**Audience:** Athletics Health Care Administrators

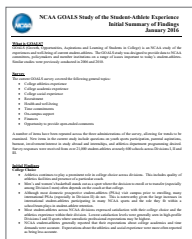
This checklist will help the athletics health care administrator to ensure that policies are in place and followed, and are consistent with the Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes document.

# Data-Driven Decisions

The SSI is constantly evolving its insights to reflect the most advanced research and provide the most innovative information and education to member schools. The SSI works collaboratively with the NCAA research department and the Datalys Center – an independent center that oversees the NCAA Injury Surveillance Program – to collect and analyze data to inform the development of health and safety legislation, educational policies and interassociation recommendations that enhance the college athlete experience.

*To learn more about the research supported by the NCAA, visit [ncaa.org/datadrivendecisions](http://ncaa.org/datadrivendecisions).*

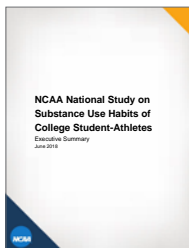
## RESEARCH



### NCAA GOALS Survey

**Audience:** Athletics Administrators, Athletics Health Care Administrators, Athletic Trainers, Coaches, Student-Athletes, Team Physicians and other Athletics Health Care Clinicians

The GOALS survey is a quadrennial NCAA study of the experiences and well-being of current college athletes. It provides the SSI and the Committee on Competitive Safeguards and Medical Aspects of Sports, as well as NCAA committees, policymakers and member schools, with the most detailed information to date on a range of important issues, including the health and well-being, and the athletics, academic and social experience of college student-athletes.



### NCAA Student-Athlete Substance Use Study

**Audience:** Athletics Administrators, Athletics Health Care Administrators, Athletic Trainers, Coaches, Student-Athletes, Team Physicians and other Athletics Health Care Clinicians

The NCAA Student-Athlete Substance Use Survey is a quadrennial survey that collects data on the substance use patterns of college athletes. It helps inform the SSI, the Committee on Competitive Safeguards and Medical Aspects of Sports and NCAA policymakers with current and historical information concerning levels of student-athlete drug and alcohol use. The information includes matters such as why student-athletes do or do not use specific substances, when they started to use drugs and their attitudes regarding drug use and drug testing.



## RESOURCES



### NCAA Injury Surveillance Program

**Audience:** Athletics Administrators, Athletics Health Care Administrators, Athletic Trainers, Team Physicians and other Athletics Health Care Clinicians

This data collection initiative is designed to track and analyze medical illnesses and injuries that result from sport participation. Schools benefit from participating in the ISP by receiving regular access to data that can inform injury prevention practices, risk and personnel management and medical decision-making. Their participation contributes to national health and safety policy and sport rules changes. To learn more, visit [ncaa.org/ISP](https://ncaa.org/ISP).

# Other Health and Safety Issues

The NCAA Sport Science Institute has additional information and resources for member schools on a variety of health and safety topics.

To access guidance, fact sheets and additional resources on various health and safety issues, visit [ncaa.org/healthandsafetyissues](http://ncaa.org/healthandsafetyissues).



## Sickle Cell Trait Fact Sheets

**Audience:** Athletic Trainers, Coaches, Student-Athletes, Team Physicians and other Athletics Health Care Clinicians

These fact sheets provide information about sickle cell trait and how student-athletes identified as having sickle cell trait can stay safe.



## Skin Safety Fact Sheets

**Audience:** Athletic Trainers, Student-Athletes, Team Physicians

These fact sheets provide information about the proper precautions that student-athletes can take to keep their skin healthy and safe.



# Contact Us

Have additional health and safety questions? The SSI is committed to serving and educating student-athletes and the NCAA membership.

To ask questions or to learn more about the resources that are available, we welcome you to engage with the SSI in the following ways:

## EMAIL THE SSI

The NCAA Sport Science Institute welcomes your questions and feedback. You may email the SSI directly with your inquiries at [ssi@ncaa.org](mailto:ssi@ncaa.org).

## SIGN UP FOR THE SSI NEWSLETTER

The SSI's quarterly newsletter provides the latest information to support the health and safety of student-athletes. To sign up, visit us at [ncaa.org/ssi](https://ncaa.org/ssi) and click on "Sign up for the SSI Newsletter."

## VISIT THE SSI WEBSITE

For the most current resources and additional information about the SSI and its nine strategic priority areas, visit [ncaa.org/ssi](https://ncaa.org/ssi).

## FOLLOW US ON TWITTER

The SSI shares messages to increase awareness and understanding of student-athlete wellness. Follow us at [twitter.com/NCAA\\_SSI](https://twitter.com/NCAA_SSI).

## UPDATE THE NCAA MEMBERSHIP DIRECTORY

The SSI often communicates directly with staff members in various roles at NCAA member schools and conferences. To ensure the correct individuals are receiving emails with the most up-to-date health and safety information, log in to NCAA My Apps at [apps.ncaa.org](https://apps.ncaa.org) to check that names and email addresses are current within the NCAA Membership Directory.





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