

NCHSAA First Responder Requirements

Any individual designated as a first responder at any NCHSAA member high school must meet the following criteria:

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.
 - a. 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.
 - b. CPR/AED certification must not lapse while serving in the role as a first responder.
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.

First Aid certification must not lapse while serving in the role as a first responder.
3. Must annually take the NFHS “Concussion in Sport” course or an equivalent concussion curriculum prior to the first practice date of the school year. This course or an equivalent is valid for 365 days and must not lapse while serving in the role as a first responder.
4. Must annually complete and maintain continuing education in injury prevention and management as offered by an organization such as the NFHS. Continuing education courses are valid for 365 days from date of completion and must not lapse while serving in the role as a first responder.
5. Must annually complete 10 hours of staff development/continuing education each school year specific to first aid, injury recognition and prevention.
 - a. The 10 hours may include hours necessary for recertification/renewals.
 - b. Original documentation of annually completed continuing education, including current and expired CPR/AED and First Aid cards, must be retained as proof of eligibility to serve as a first responder.