

## Appendix 4

### All policies with Title, Author, and Quality Score

	<b>Title</b>	<b>Type of organisation, Country of Origin and Type of document</b>	<b>Quality Score (21)</b>	<b>Themes</b>
1	Safe Practice: in Physical Education, School Sport and Physical Activity. Association for Physical Education, 2016 (23)	UK; National Professional Association  Guidelines for school teachers developed by expert consultation and case law review	16	9 <sup>th</sup> edition of broad comprehensive guidelines for schools covering legal aspects of sports safety, session planning, student preparation and clothing, emergency planning, equipment and facilities rules and regulations, supervision and staffing requirements and sport specific information. References case law.
2	OPHEA. Ontario Physical Education Guidelines Primary and Secondary Curricular (Generic), 2016 (24, 25)	Canada; Not for profit organisation  Guidelines for schools developed by expert consultation and case law review	19	Comprehensive guidelines available online; generic section and sport specific sections available for curricular and extra-curricular sport in both elementary and secondary school. Includes; session planning, student preparation and clothing, emergency planning, extreme weather planning, equipment and facilities rules, supervision and staffing requirements.
3	Centers for Disease Control. School health Guidelines to prevent Unintentional Injuries and Violence, 2001 (26)	US; Statutory Body  Guidelines for schools developed by literature review and expert consultation	20	A section of a larger guideline giving brief recommendations on how to deliver sport safety in schools within the broader picture of injury prevention. Includes: facilities and equipment provision, safety rules and staffing requirements.
4	Sports Medicine Australia. Safety Guidelines for Children and Young People in Sport and Recreation, 2014 (27)	Australia; Health organisation  Guidelines for schools; no information on methods	13	Brief guideline providing advice on safe sport including how to react to weather conditions, facilities and equipment rules and regulations, injury management, student preparation and staffing requirements.
5	National Athletic Trainers Association. Guidelines for Youth Sports Safety, 2011 (28)	US; National Professional Association  Guidelines for youth sports developed by expert consultation and case law review	13	Brief guidelines offering recommendations on emergency planning, concussion, staff training, facilities and student preparation.
6	Youth Sports Safety Alliance. National Action Plan For Sports Safety, 2013 (29)	US; National sports organisation  Guidelines for youth Sports; no information on methods	11	Brief guidelines offering few general recommendations on equipment, parents and facilities, and specific recommendations for cardiac, neurological events and dietary concerns. Advocates for a national fatality registry.
7	Almquist et al. Summary statement: Appropriate Medical Care for the Secondary School Aged Athlete, 2008 (30)	US; National Professional Association  Guidelines for secondary schools developed by literature review and expert consultation	20	Specifically focusses on medical care, appropriate medical team, pre-participation examination, equipment, emergency planning, injury management, weather adaptations and nutritional counselling. Recommends surveillance of injuries, causes of these and strategies for dealing with the issue.

8	Andersen et al. National Athletic Trainers Association Position Statement: Emergency Planning in Athletics, 2002 (31)	US; National Professional Association  Guidelines on emergency planning developed by literature review and expert consultation	20	Specific detail on how to create and the content of an emergency action plan, what equipment should be available and the frequency with which any plans need to be reviewed and rehearsed.
9	Casa et al. Inter-Association Task Force for Preventing Sudden Death in Secondary School Athletics Programs: Best-practices Recommendations, 2013 (32)	US; National Professional Association  Guidelines for secondary schools developed by literature review and expert consultation	15	Appropriate medical care for athletes, including which roles need to be filled in the medical team for a high school athlete, the need for education of participants and concussion recognition, weather related conditions and prevention strategies. Specific medical conditions are also discussed.
10	Drezner et al. Inter-Association task force recommendations on emergency preparedness and management of sudden cardiac arrest in high school and college athletic programs. A Consensus statement, 2007 (47)	US; National professional Association  Consensus statement for schools developed by literature review and expert consultation	20	The need for an emergency action plan and content of this plan, including access to equipment and appropriate use.
11	Casa et al. Preseason heat acclimatisation guidelines for secondary school athletics, 2009 (33)	US; National Professional Association  Guidelines for schools developed by literature review and expert consultation	18	Guidance on how to structure a pre-season acclimatisation training for secondary school athletes, including the need for gradual build up and tolerance to heat.
12	National Federation of State High School Associations. Heat Acclimatisation and Heat Illness Prevention Position Statement, 2015 (44)	US; National School Association  Guidelines for schools; no information on methods	11	Recognising exertional heat illness, how to prevent this, staff education, a pre-season acclimatisation plan, emergency action planning and when to remove a child from play.
13	Council on Sports Medicine and Fitness and Council on School Health. Policy Statement - Climatic Heat Stress and Exercising Children and Adolescents, 2011 (34)	US; Health Organisation  Guidelines for teachers; no information on methods	16	Recognising exertional heat illness, how to prevent this, staff education, a pre-season acclimatisation plan, emergency action planning and preventing unwell children from participating in sessions.
14	American Academy of Paediatrics. Health, Mental Health and Safety Guidelines for Schools, 2004 (35)	US; Health Organisation  Guidelines for schools; no information on methods	13	A section of a guideline for schools including safe physical education, curricula development, equipment and facilities regulation, student preparation and pre-participation examination, injury management, supervision and expected behaviour.
15	Ministry of Education and Sport New Zealand. Health and Safety Guidance for School Sport, 2016 (46)	New Zealand; Statutory Body  Guidelines for safety in school sports	16	A brief guideline advising schools on safely delivering schools sports – broad, no specific sport information included.
<b>Concussion Guidelines</b>				

1	SportScotland. If in doubt, sit them out. Scottish Sports Concussion Guidance: Grassroots sport and general public, 2015 (36)	Scotland; National Sports Organisation  Guidelines for all sports; no information on methods	13	Brief guidelines on management and return to play with suspected concussion.
2	Sport and Recreation Alliance. Concussion Guidelines for the Education Sector, 2015 (37)	UK; National Sports Organisation  Guidelines for schools developed by expert consultation	16	Recognising concussion, removal of the student from play, appropriate recovery time and activities and how to return to academic studies and sports.
3	American Academy of neurology. Position Statement Sports Concussion, 2013 (45)	US; Health Organisation  Position statement for schools developed by literature review and expert consultation	19	All age guidelines with child – specific advice incorporated into the guidelines for concussion identification and management. Also includes advice for clinicians on neuroimaging techniques and clinical management.
4	DeMatteo et al. Development of a Conservative Protocol to Return Children and Youth to Activity Following Concussive Injury, 2015 (39)	Canada; Research organisation (CanChild)  Guidelines for families and schools developed by literature review and expert consultation	21	Child specific guidelines on returning to activity following a concussion, detailing multiple steps following a comprehensive review of literature and evidence to ensure recommendations are child specific.
5	DeMatteo et al. A Balanced Protocol to Return to School for Children and Youth Following Concussive Injury, 2015 (38)	Canada; Research organisation (CanChild)  Guidelines for families and schools developed by literature review and expert consultation	21	Child specific guidelines on returning to learning following a concussion, detailing multiple steps following a comprehensive review of literature and evidence to ensure recommendations are child specific.
6	American Academy of Pediatrics. Returning to Learning Following a Concussion, 2013 (40)	US; Health Organisation  Guidelines for schools and families; no information on methods	16	Information on who should be part of a team to develop a return to learn plan following a concussion, what the return to learn plan should consist of and how to monitor progression. Advises education for parents and schools.
7	OPHEA. Concussion Protocol: Prevention, Identification and Management Procedures and Sample Concussion Prevention Policies, 2016 (41, 49). <i>These two policies produced by OPHEA have been analysed together</i>	Canada; Not for profit organisation  Guidelines for schools developed by expert consultation and case law	21	Comprehensive guidelines on preventing, recognising and managing concussion for children. Also offers sample policies which could be introduced in schools.
8	Centers for Disease Control. Heads up to Concussion, 2016 (42)	US; Statutory body  Guidelines for schools, parents, and students developed by literature review and expert consultation	21	Multiple resources available on the website, with information written for multiple different appropriate audiences including teachers and parents. Resources available for recognition and management of concussion, evaluated with each target audience
9	Zurich Consensus Statement on Concussion in Sport. International Conference on Concussion in Sport, 2012 (48)	International consensus statement; International Conference  Guidelines for concussion (adults with	18	Adult guideline, with a short section with paediatric specific recommendations. Includes generic advice on identification and management of concussions, return to play. For children advises use of a child specific recognition tool and a prolonged return to play period. Injury prevention is briefly discussed

		paediatric section) by literature review and expert consultation		with regard to protective equipment and rule changes.
10	National Athletic Trainers Association Position Statement - Management of sport concussion, 2004 (43)	US; National Professional Association  Guidelines for concussion (adults with paediatric section) by literature review and expert consultation	19	Adult guideline including section on paediatric management. Advises on the need for concussion education, identifying concussion, prevention and return to play. Child specific section states the need for a prolonged return to play, child specific assessment tools, and the need for attention to academic baseline and return to learn for children.