

Risk Management

FOR CAMPUS RECREATION

VOLUME 7

ISSUE 1

SEPTEMBER 2012

FEATURE TOPIC:
CONCUSSIONS
AND ONLINE
TRAINING



Aspen Photo / Shutterstock.com

Head Injuries: TBI, Concussion & PCS

What does all this mean and why should we care?

Alison Epperson, Ph.D.
Assistant Professor, Health Ed.
Murray State University

TBI - According to the Centers for Disease Control and Prevention (www.cdc.gov), "a traumatic brain injury is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain." The American Association of Neurological Surgeons (www.aans.org), categorize TBI as mild, moderate or severe depending on the extent of the damage sustained to the brain. A person who sustains a mild TBI may only exhibit brief changes in mental state or consciousness, whereas a person with a moderate to severe damage can lapse into extended periods of unconsciousness, a coma, or die. **continued on page 2**

Welcome back to a new academic year – and Year 7 of the Newsletter! In this issue, our focus is on **Concussions and Online Learning**.

Concussion Management has lately become a hot topic! This Newsletter contains two articles on the subject – plus information on a new Webinar available this fall.

There is no question that the future in staff training lies in accessing training opportunities available **ONLINE** – ranging from **Training Webinars** to **Online Courses**. These are cost-efficient ways to deliver high quality content from known experts in the recreation field.

A new agreement between NIRSA and McGregor & Associates means **Online Learning** opportunities become an even more viable and affordable way of ensuring effective staff training! Check out the expanded online learning opportunities:

- (a) the **NIRSA Webinar Series** (see page 6) 10 new pre-recorded staff training Webinars, 19 in total
- (b) the popular **Online Courses** have now expanded to five courses to meet demand for this unique way of learning (see page 12).

CEU and PIC credits available for both these online learning opportunities!

Have a great year!
Ian McGregor, Publisher

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Head Injuries: TBI, Concussion & PCS continued page 2

TBI symptoms – Constant or reoccurring headache; inability to control or coordinate motor functions or balance; changes in ability to hear, taste, see, dizziness and hypersensitivity to light or sound; shortened attention span; easily distracted, overstimulated by environment; difficulty staying on task, following directions or understanding information; feeling disoriented or confused; difficulty finding the ‘right words,’ expressing thoughts or slurred speech.

A person who sustains a mild TBI may only exhibit brief changes in mental state or consciousness, whereas a person with a moderate to severe damage can lapse into extended periods of unconsciousness, a coma, or die.

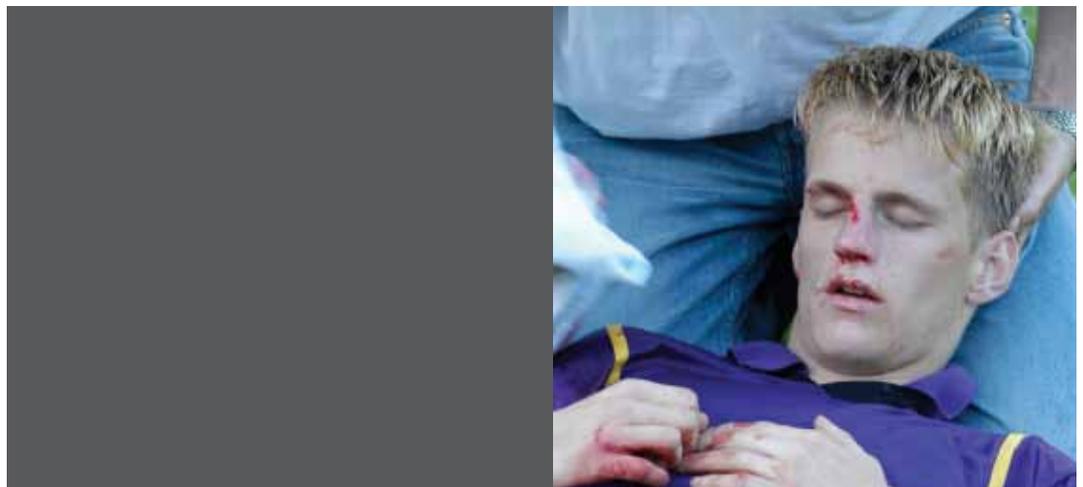
There are essentially four “grades” of concussions, a number of related symptoms, and guidelines as to when an athlete should return to play.

Concussion - The AANS has defines concussions as “the shaking of the brain within the skull, and if severe, can cause shearing injuries to nerve fibers and neurons.” There are essentially four “grades” of concussions, a number of related symptoms, and guidelines as to when an athlete should return to play.

- **Symptoms** – confusion, headache, lack of concentration, mood swings and sleep difficulties.
- **Grade 1** – Brief period of confusion, appears dazed without a loss of consciousness, incorrect responses, symptoms disappear within 15 minutes. **Guideline** - Return to play after athlete has been free from symptoms for one week.
- **Grade 2** – Confusion can last from five minutes to an hour, even without a loss of consciousness. **Guideline** - Return to play after athlete has been free from symptoms for one week.
- **Grade 3** – Unconscious for more than 30 seconds. **Guideline** - Athletes who sustain a Grade 3 concussion should be sidelined for a month.

The AANS states a player who has sustained a concussion is three to six times more likely to sustain another concussion. Regardless of how minor the first injury appeared to be, sustaining a second one can be life-threatening if it occurs within days or hours of the first, otherwise known as Second Impact Syndrome (SIS). SIS occurs when the brain is not allowed to fully recover from the first impact. As a result, the brain can experience vascular congestion and increased pressure within the skull. The risks for SIS is substantially higher for sports such as ice or roller hockey, football, baseball, basketball, soccer, snow skiing, and boxing.

Post-Concussion Syndrome – persistent symptoms of concussions past the period of time the individual should have recovered (three weeks), which then qualifies as a TBI.



Head Injuries: TBI, Concussion & PCS continued page 3

Quick explanation – Concussions can be viewed as an injury sustained by a blow to the head in which a person is able to fully recover. A TBI is a permanent alteration of brain function even though the individual may appear asymptomatic.

Twenty-one percent of all traumatic brain injuries (TBI) among American children and adolescents are the result of participation in sports and recreational activities (AANS, 2011).

Concussions can be viewed as an injury sustained by a blow to the head in which a person is able to fully recover. A TBI is a permanent alteration of brain function even though the individual may appear asymptomatic.

Additionally, the CDC reports the following statistics;

- 1.7 million people sustain a TBI annually in the US
- 52,000 die, 275,000 are hospitalized, and 1.365 million are treated and released from the emergency room.
- Males are 1.5 times more likely than females to sustain a TBI
- The two highest age groups for TBI are 0-4 and 15-19 year olds

The AANS lists the sports and recreational activities with the highest number of ER visits in 2009 as follows;

Cycling: 85,389
Football: 46,948
Basketball: 34,692
Soccer: 24,184
Fitness/Exercise/Health Clubs: 18,012
Hockey: 8,145
Rugby/Lacrosse: 5,794



How does this affect Campus Recreation programs? While all programs should already be using a waiver and liability release form for all participants to sign prior to participation, at what point does the program become responsible for allow or prevent a participant who sustains a blow to the head re-enter the game or event?

At the very least, it is critical for intramural and club sport programs to adequately train and certify supervisors, officials, scorekeepers, etc. (at least one person per field), in identifying and understanding the potential long-term side effects of head injuries. Whether it is an isolated or repeated TBI, when the brain experiences an impact, it can potentially change a person's entire personality and impair cognitive ability. We've long embraced the importance of CPR/AED certification, and the connection between our response time and skills to a person's chance of survival from a cardiac event, it is now time to embrace the importance of our ability to save a life by protecting their head.

Head Injuries: TBI, Concussion & PCS continued page 4

What can your staff do? Educating your staff to be aware of the significance of head injuries is of utmost importance. With the increased media attention in large part to the National Football League's policies on helmet-to-helmet contact and sideline policy regarding concussions, the trickle-down effect is to essentially reverse our tendencies to "shake it off" and assume everything is ok, if a person never loses consciousness, "appears to be okay," or claims that they feel fine; it's not always okay to allow the participant to re-enter the game.

The AANS Position Statement on TBI in Sports from March 2011, suggests

For sporting activities organized through educational and municipal institutions, as well as in professional settings, guidelines should be readily available and utilized routinely by coaches, trainers, athletes, and parents of minor athletes. Public education regarding the importance of these injuries should be advocated by government, professional organizations, educational institutions, and professional athletic associations.

Evaluating your intramural and club sports programs to determine the level of risk by sport, and your emergency response plan is critical to the ensuring the safety and long-term risk reduction for your participants.

Likewise, utilizing resources such as the National Athletic Trainer's Association, the Standardized Assessment of Concussion (SAC), or ImPACT test can provide additional information or basic assessment skills using short cognitive and physical skills which can be indicative of an injury. In the end, it's your attention to detail that matters the most.



Educating your staff to be aware of the significance of head injuries is of utmost importance.

Minors on Campus

Impact of the Freeh Report

Ian McGregor Ph.D.
McGregor & Associates

Do you have minors participating in any of your Campus Recreation programs e.g. Youth Camps, Sport Clubs? If 'Yes', do you have department policies and procedures in place specifically addressing minors?

The recent release of the 'Freeh Report' regarding the actions of Penn State related to the Child Sexual Abuse committed by Gerry Sandusky, potentially has major implications for all Campus Recreation departments across America. This hot topic is currently being addressed by most state legislatures, and you need to be ready for what is almost certainly coming down.

The NIRSA Government Relations Committee has flagged this as a major issue, and is developing a response designed to assist and provide direction to Campus Recreation Departments. In addition, the Committee will provide an audit tool to help you review any programs involving youth, and provide resources to help navigate the complexities of running programs involving minors.

Freeh Report: www.thefreehreportonpsu.com/REPORT_FINAL_071212.pdf

More on this in the next Newsletter!

NIRSA Government Relations Committee

Webinar on Concussions

Bob Liebau.

Associate Director of Campus Recreation
University of Mary Washington

A recent article in September issue of *Athletic Business* entitled **MAKING HEADLINES – THE CONCUSSIONS EPIDEMIC RETURNS TO A FAMILIAR THEME: HELMET SAFETY**, author Michael Popke points out some recent changes to the game of football based on our new understanding of the seriousness of concussions. Pop Warner Football now bans head-to-head hits. A new high school and college rule requires any player losing his helmet on the field of play to leave the field for one play before returning. And it's not just football. We are beginning to see more headgear worn by soccer players. More than 20 NFL and NHL have added Kevlar gear to their equipment and at least two dozen pros are using Concussion Reducing Technology (CRT) pads to their helmets.

A new Webinar is now available designed to provide you with the basics of creating a personalized concussion management program for your institution.

CONCUSSIONS



Why? In the hope that such measures will make sport safer for all participants regardless of the level of play. But despite the best efforts, the reality is that concussions can happen to any person, at any time, in any sport. Are you prepared for that? How are you going to deal with concussions that happen in your Sport Clubs or Intramural programs?

A new Webinar is now available designed to provide you with the basics of creating a personalized concussion management program for your institution. Do you value your student-athletes enough to make sure they are treated in the best possible way following a head injury? If the answer is yes, then make time for this Webinar and create a concussion management tool that will help safeguard your student participants following a head injury.

For more information, go to
www.sportrisk.com/SportRisk_Webinar_Series_2012

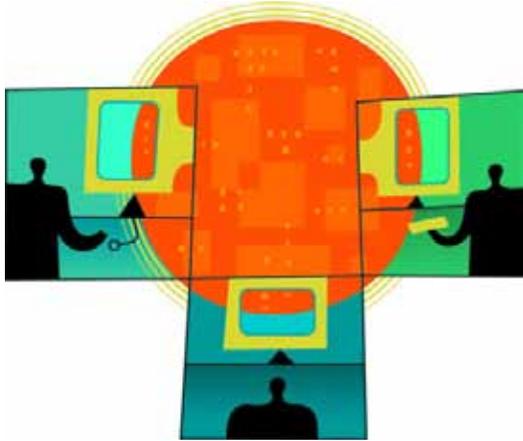


For more information contact: Carol Malouf
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SportRisk Webinar Training Modules

Staff training is of critical importance to a successful Campus Recreation operation!



In conjunction with NIRSA, McGregor & Associates have developed 19 Webinars (10 NEW!) designed to complement your fall/winter training programs. These Webinars are strategically organized into 6 unique Series: **(A) Negligence & Risk Management (B) Sport Clubs (C) Travel (D) Emergency Response (E) Waivers (F) General**

All Webinars Accessible at any time, on any computer, for whole academic year.

WEBINAR TRAINING MODULES

Series A: Negligence & Risk Management Training Series

1. Understanding Negligence
2. Nuts & Bolts of Risk Management Planning
3. Negligence Awareness Training for (part-time) Intramurals Staff
4. Negligence Awareness Training for (part-time) Summer Camps Staff
5. Negligence Awareness Training for (part-time) Weight Room Staff (tracking option included!)

Series B: Sport Clubs Series

1. Concussion Management
2. Hazing
3. Safety Officer Training
4. Negligence Awareness Training for Sport Clubs Officers

Series C: Travel Series

1. Travel: The Basics
2. Travel Planning Tools using 'Google Docs'

Series D: Emergency Response Planning Series

1. Emergency Action Plan – Putting it Together
2. Emergency Action Plan – Training, Rehearsals & Drills

Series E: Waivers

1. Waivers Simplified
2. Waivers 101 (Detailed)

Series F: General

1. Medical Screening Simplified
2. Event Planning Simplified
3. Climbing Wall Safety
4. Using Google Docs in Recreation (FREE!)

All Webinars are \$50, and there is One Free Webinar (see Series F #4)

NEW THIS YEAR – YOU CAN NOW ORDER INDIVIDUAL WEBINARS!

General Information

CEU & PIC Credits Available

Delivered by Content experts - saving staff time in preparing and delivering training material.

Webinar length Typically 20-30 minutes.

Target Audience All Campus Recreation staff (Note: All 'Negligence Awareness Training' Webinars focuses on student staff)

Pricing All Webinars are \$50 (except the Freebee!)

For more information go to www.sportrisk.com/nirsa

Youth Hiking Program: Risk Management Plan

Wayne Robinson
Director of Recreation
District of Lillooet

Introduction

An outdoor hiking program can involve a considerable amount of risk, much of it can be managed by coming up with a solid Risk Management Plan to ensure that major concerns are properly addressed. This is even more important when the program is centred on youth. Youth cannot sign a waiver; an informed consent form must be used.

An outdoor hiking program can involve a considerable amount of risk, much of it can be managed by coming up with a solid Risk Management Plan.

A professionally trained guide has specific guidelines that they must adhere to pertaining to terrain, participant numbers, how to mitigate specific hazards within their field of expertise.

In creating a Risk Management Plan for a youth outdoor program, finding a balance between mitigating hazards and keeping costs manageable is very important. In my organization, finances are very limited so I had to look at ways to ensure that the safety of participants was well represented but did not include extra expenses that would render the program unaffordable to our potential participants. We are required to utilize volunteers for both acting as chaperones and transporting participants between the trailhead(s) and our REC Centre. This made special risk management considerations necessary to ensure

that chaperones were desirable, responsible and accountable for their own actions. I clearly outline how transportation would be handled and delivered and emphasized that volunteer drivers bear the burden of liability in the event of an incident.

When dealing with youth, it was very important to ensure that both sexes are represented as chaperones to protect both participants and leaders. Last I would like to emphasize the importance of utilizing a program leader who is fully qualified to operate this type of program. In our case, I am a professional guide qualified through the Association of Canadian Mountain Guides. Being the lead program instructor myself, I am able to keep costs down. When utilizing an instructor with professional training it minimizes the amount of detail one needs to go into when writing a Risk Management Plan; a professionally trained guide has specific guidelines that they must adhere to pertaining to terrain, participant numbers, how to mitigate specific hazards within their field of expertise, and established minimum levels of training to remain a guide in good standing within their professional organization. For someone without much knowledge relating to the outdoors, composing a risk management plan will be a lot less daunting when you have the right lead program instructor operating it.



Youth Hiking Program: Risk Management Plan

continued page 2

Supervisors and Instructors

- A minimum ratio of 6 youth participants to 1 adult instructor/supervisor is required.
 - Exception in this case is when mixed genders of participants make up the group. In this case there needs to be a male and female instructor at all times. When 12 participants of mixed genders are present, there is a minimum of three instructors/supervisors, with all genders represented.
- Lead instructor must have the following current, minimum qualifications:
 - Hiking Guide certified through the Association of Canadian Mountain Guides (ACMG) or equivalent international certification sanctioned by IFMGA
 - Advanced Wilderness First Aid or equivalent 80 hour certification
- All instructors must meet the following minimum qualifications, either as paid instructors or as volunteers:
 - Pass a criminal record check to work within the vulnerable sector
 - Have a valid class 5 drivers' license (or equivalent)
 - Have at least one year experience working or living with a minor
 - Pass a medical questionnaire to prove that they are physical able to hike for an extended period of time over several continuous days
 - Competent in basic bush craft and at least 1 season or recreational experience hiking and camping in backcountry settings.

For someone without much knowledge relating to the outdoors, composing a risk management plan will be a lot less daunting when you have the right lead program instructor operating it.

Terrain Guidelines and outdoor risks

- Routes are to travel over 'non-technical' terrain as outlined by the ACMG Hiking Guide program. Unacceptable terrain includes permanent snow fields or glaciers; over terrain that requires ropes for safety or the continuous use of hands for balance; crossing of bodies of water that exceed the level of the shortest participants' hips; areas that are closed to the public; areas deemed an to have an avalanche risk deemed 'considerable' or higher (as per the Canadian Avalanche Association).
- Weather
 - Field trips into the backcountry are to be cancelled when the local weather forecast calls for a risk of thunderstorms when the p.o.p. is 70% or higher (for the entire day) or 80% chance of thunderstorms for portions of the day.
 - Field trips into alpine terrain are to be cancelled and/or altered to lower elevations when the chance of precipitation is 60% is higher and accompanied by constant cloud cover.
 - Filed trips are to be cancelled when the chance for precipitation is 60% or higher when the temperature is to hover between 0°C and 7°C.



Youth Hiking Program: Risk Management Plan

continued page 3

- Instructors are to safeguard against close wildlife encounters by doing the following:
 - Maintaining a level of noise that will warn wildlife of the group entering the area.
 - Instructors are to carry “bear spray” and ‘bear bangers’ and be trained in the use of each deterrent prior to departure with participants.
 - Participants and instructors will not approach and wildlife and will maintain an acceptable distance of at least 200 m when observing wildlife.
 - Camps will be kept clean and all food will be prepared 100 m from tent sites.
 - Food will be stored properly when not being consumed in the form of a proper ‘bear hang’.
- Trail access in proposed routes will be further researched 1 week prior to departure by
 - Contacting local BC forestry offices/land managers for pertinent information
 - Trailheads will be physically visited by the Program Instructor to determine the feasibility of route access and a general impression of trail conditions.
 - The local hiking community, naturalist groups, helicopter pilots, will be canvassed for up to date information on route conditions.



Participant suitability, Parental Consent and information

- Participants will be required to fill a pertinent medical history form, detailing allergies, physical/ medical conditions.
- Participants must be able to meet minimum physical fitness
 - Able to walk unassisted over uneven ground
 - Able to walk for several kilometers within a day with intermittent rests
- Parents will be required to read, understand, and sign an informed consent form to allow their child to participate in the program.
- Parents will be able to follow the group’s progress in real-time via SPOT™ through the social media group Lillooet REC Centre on Facebook.
- An information meeting will be held prior to program registration to detail the scope of the program and to answer any questions about the expectations of the participants and parents
- Parents will be provided with a detailed program itinerary and lesson plans before the registration of the program begins.

Youth Hiking Program: Risk Management Plan

continued page 4

Emergency Plans and Safety Procedures

- Trip information will be left with the REC Centre Office Supervisor, info will include:
 - Participant list: names, emergency contact info, medical history,
 - route plan, trailhead coordinates, mode of transportation to trailhead
 - Estimated time of return.
 - Contingency plans when estimated time of return is met.
- Trip leader will carry:
 - Personal health information about each participant
 - field first aid kit
 - SPOT™ device
 - Radio to communicate with emergency services via BC Forestry towers and the Department of Fisheries and Oceans.
- All volunteers and instructors will carry:
 - Minor first aid supplies (blister kits, band aids)
 - Fire starting kit
 - Emergency shelter
 - Wildlife attack deterrent equipment
 - Emergency 2 way radio in the case of accidental and unlikely group separation.
 - knife
- All participants/volunteers and instructors will carry:
 - Gear to protect against the elements
 - Sunscreen
 - Hat
 - Warm clothing
 - Rain gear
 - Sun glasses
 - Gloves/mittens
 - Emergency food ration
 - Potable water
 - Signalling device



Youth Hiking Program: Risk Management Plan

continued page 5

- The group (all Instructor/volunteers and participants) will remain together at all times even in the event of any emergency until rescue arrives.
- Lead instructor will program the SPOT™ device to contact the following:
 - Check in 'OK'
 - REC Centre office supervisor
 - REC Centre Facebook page
 - Help (non-life or limb threatening emergency)
 - REC Centre office supervisor
 - Designated parent emergency response
 - Blackcomb Aviation Lillooet Base Manager
 - Lillooet RCMP Detachment
 - Lillooet Detachment of Department of Fisheries and Oceans
 - 911 (Life or limb threatening situation)
- SPOT™ GEOS Emergency Centre
- SPOT™ check in will be performed every hour to inform REC Centre office supervisor and parents via Facebook of the group's location; when trailhead has been reached (both departure and return), destination/objective reached, and when the group has returned to the REC Centre.
- Check in will not be performed while travelling in a motorized vehicle for the sake of safety. Check in will not be performed every hour while in camp on an overnight trip until the group is ready to leave the camp in the morning.
- In the event of an emergency, first aid will be performed as per Advanced Wilderness First Aid protocols.
 - If evacuation of any member of the party is required, the party will remain in the same location together until emergency persons arrive, unless:
 - The area is not safe due to terrain hazard and the party needs to relocate together to a safe area
 - Or the area becomes unsafe due to wildlife or inclement weather and the party needs to relocate together to another area deemed safe by the Lead Instructor.



Youth Hiking Program: Risk Management Plan

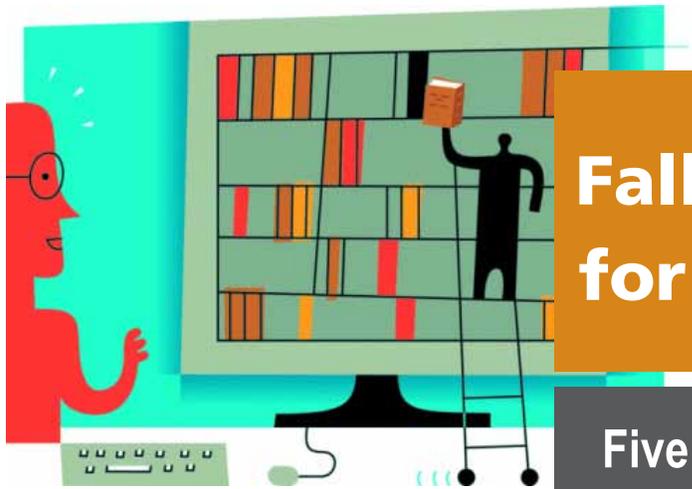
continued page 6

- In any event that an emergency requires the evacuation of a participant due to illness, the trip will continue after the evacuation of the participant is completed.
- In the event of an emergency evacuation of a participant that involves any physical trauma, the trip will end and the group will proceed to the nearest trailhead for evacuation.
- In the event of a death of a participant or the evacuation of a volunteer/instructor, the entire group will be evacuated immediately to safeguard against the loss of the appropriate instructor/volunteer participant ratio or damage to the emotional well-being of the party.
- It will be made understood that the cost of evacuation will be covered by the participant and their parents, not the District of Lillooet. Evacuation of volunteer or instructor will be covered by the District of Lillooet.

Transportation between the REC Centre and the Trailhead

- This program will require the use of private vehicles to transport participants, volunteers, and instructors.
- Private vehicles must be regularly serviced and be proven to be in good working order before use.
- A walk around inspection must be done prior to boarding participants.
- Drivers must; have a valid driver's license; be over the age of 24; submit a current drivers abstract free of any history of reckless driving to the District of Lillooet prior to use.
- Vehicles must have valid insurance and submit a copy to the District of Lillooet.
- Drivers must understand that their personal vehicle insurance will be used first in the event of any litigation due to an accident.
- Parents must be informed and agree to who will be driving their child and what vehicle will be used.
- Vehicles must obey all traffic laws including the speed limit and the required use of seatbelts.
- Absolutely no alcohol or drug use is allowed during and up to 8 hours prior to transporting participants.
- Horseplay and distracting behaviour will not be tolerated by drivers or passengers at any time while in a motorized vehicle.
- Vehicles will carry an emergency kit.





Fall/Spring Online Courses for 2012/2013

Five Online Training Courses focusing on Risk Management!

1. Special Events Special Events have become a big issue for many Campus Recreation Administrators. This course will focus on a simple process, techniques and tools to assess and manage the complex risks involved in planning, organizing and running Special Events. While the course is aimed primarily at staff new to special event planning, seasoned planners will especially benefit from the hands-on exercises included in the course. (Note: a 4 week course spread over 8 weeks)

2. Sport Clubs Sport Clubs are initiated and managed by Club members with the primary role of the University being to support, assist and advise the student leaders. The key to a successful Sport Clubs program is strong student leadership and involved University support. Since risk management is a key concern for all Sport Clubs Administrators, the course will focus on how to develop an operational 'framework' for Sport Clubs to facilitate better oversight and management – and help ensure a safer environment for Sport Clubs participants.

3. Risk Management for Recreation Professionals The course explores Negligence Liability and the Risk Management planning process. Students will learn the critical concept of Reasonable Standard of Care and how this impacts and guides all risk management planning efforts. By the end of the course, students will have a clear understanding of the concept of Negligence as it applies to the area of sport and recreation, and will acquire valuable risk management planning tools and the skills necessary to develop and implement a comprehensive risk management plan.

4. Youth Camps The Standard of Care required for Youth Camps is very high – mostly because you are dealing with minors. While some of the risk management issues discussed are identical to those handled on a day-to-day basis in other Campus Recreation programs, many issues are unique to Youth Camps. This course will focus on how to develop an operational 'framework' to help organize and manage safe Youth Camps.

5. Strategic Risk Management This course is aimed at the department 'Risk Manager' or Chair of the Risk Management Committee – the staff member who has been delegated by the Director to assume overall responsibility for leading and coordinating all risk management efforts in the department. The primary goal of the course is to provide the Risk Manager with the tools and leadership skills needed to successfully lead and champion risk management within their department.

Online Courses	When Scheduled	For Course Outline and to register
Special Events	Oct 15 - Dec 7	http://www.sportrisk.com/online-course/special-events/
Sport Clubs	Oct 22 – Nov 16	www.sportrisk.com/online-course/sport-clubs
Strategic Risk Management	Oct 22 – Dec 7	www.sportrisk.com/online-course/strategic-risk-management
Risk Management for Recreation Professionals	Nov 12 - Dec 7	www.sportrisk.com/online-course/risk-management-for-recreation-professionals
Youth Camps	Feb 4 – March 1 2013	www.sportrisk.com/online-course/youth-camps

Got something to say - or an idea to share?

Across N. America, recreation professionals are finding creative ways to implement unique solutions to a number of challenging risk management issues. Many of their ideas have already appeared in this Newsletter.

Are you willing to share your ideas? You may believe what you're doing is not of interest to others. **WRONG!** Professionals are always on the lookout for new/different/ unique ways of doing things:

- Staff training programs
- Emergency Response Planning strategies
- In-service training ideas
- Participant medical screening strategies
- Online training courses
- Risk Management Committee operational guidelines
- etc. etc.

Share your ideas – by writing an article for the 'Risk Management Newsletter for Campus Recreation'!

This is not a 'refereed' publication. The focus of the Newsletter is simply the communication of ideas, procedures and programs that work.

If you'd like to explore this, or receive the 'Guidelines for Authors', contact Ian McGregor at mcgregor@sportrisk.com



For more information contact: Carol Malouf
p 800-955-1991 x196 or 801-412-2622
e cmalouf@summitamerica-ins.com





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SportRisk
For Recreation & Sport Professionals
3rd Edition (2008)

by Ian McGregor Ph.D., McGregor & Associate

Key Chapters:

Negligence	Explains negligence in simple, easy to understand language
The 5 Key Risk Areas	Describes the high risk areas where Campus Recreation departments are most vulnerable
Risk Management Planning	Delivers a simple, effective 3 Step Planning Process Based on the 5 Key Risk Areas
Special Areas	Tackles key issues of particular concern to Campus Recreation: Transportation; Sport Clubs; Summer Camps; Disease Control; Alcohol & Drugs; Event Management; Contract

Easy to Read • Easy to Follow • Easy to Implement

An essential risk management Planning Resource for ALL Campus Recreation departments!

To view 'Table of Contents' or to order online – www.SportRisk.com/resources

Payment options: Credit Card or Pay Pal



Online Risk Assessment: New features!

Do you have the skills and knowledge to conduct an internal Risk Management audit of your department? How well do you stack up compared to other schools – and how will you know?

Why not leave it to the experts?

McGregor & Associates' exclusive 'Online Risk Assessment' provides key benchmark data for your department (relative to over 100 North American universities), and uncovers critical gaps in your risk management plan.

Which programs and administrative areas are addressed?

- 8 individual program surveys: Aquatics; Fitness/Wellness; non-credit Instruction; Intramurals; Outdoor Program; Youth Camps; Sport Clubs; Weight Room (each survey takes 5-10 minutes to complete).
- 6 administrative surveys: Risk Management Plan; Emergency Response Plan; Facilities & Equipment; Rentals & Special Events; Waivers; Travel.

What do you get from McGregor & Associates?

A detailed report which includes:

- Graphic comparisons with other universities of program and administrative scores: your benchmark data!
- Graphic internal comparisons between all program unit scores: highlights program inconsistencies.
- Detailed analysis and breakdown of program and administrative scores: pinpoints vulnerable areas.
- A comprehensive list of recommended (and doable) strategies for immediate action.
- The 'Top Five' priorities identified for your department.

Added bonus! – our new 'Global Risk Assessment'

This new (optional) survey looks at the other key risks your department confronts on a daily basis: Financial Risks; Human Resources Risks; Reputational Risk; Security Risks; Data Risks.

Cost of Online Risk Assessment: \$1250

- Cost effective (no need to fly in someone to conduct audit)
- Focus is on 'high-risk' areas ensures audit process is not overwhelming
- Conducted by McGregor & Associates – THE experts in Risk Management.

Don't put it off – act now!

For more information: Go to
<http://www.sportrisk.com/risk-assessment/>

Risk Management Newsletter for Campus Recreation

Our goal is to provide timely information and practical resources to assist Campus Recreation professionals manage the risk of injury to participants.



Talk to Us!

Tell us about ...Your Best Practices (practical, hands-on policies/ procedures/ training programs that really work for you)

Your 'sweaty-palm' issue (what keeps you awake at night). Ask for our feedback!

Your interest in contributing to the 'Risk Management Newsletter' by writing an article for an upcoming issue.

Contact us at mgregor@sportrisk.com

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Next Issue December 2012

Featured Topic: 'Sport Clubs'

Topics include:

- Minors on Campus
- More on Waivers
- Sport Clubs
- Risk Assessment
- Online Learning Opportunities

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