

Health and Safety Guide for K-12 Schools in Washington State – 2024 Update of the 2003 Edition

References

[Concussion Management for Schools | Washington State Department of Health](#)
[Student Head Injury Information Reporting | Washington State Department of Health](#)
[Health & Wellness - Welcome | Washington Interscholastic Activities Association \(WIAA\) \(wiaa.com\)](#) CONCUSSION MANAGEMENT
[NFHS National Federation of State High School Associations](#)
[GUIDELINES](#)
[RCW 4.24.660: Liability of school districts under contracts with youth programs. \(wa.gov\)](#)
[RCW 28A.600.190: Youth sports—Concussion and head injury guidelines—Injured athlete restrictions—Short title. \(wa.gov\)](#)
[Heads Up | HEADS UP | CDC Injury Center](#)
[Health & Wellness - Welcome | Washington Interscholastic Activities Association \(WIAA\) \(wiaa.com\)](#) SUDDEN CARDIAC ARREST
[REQUIREMENT \(SB 5083\)](#)
[RCW 28A.600.195: Sudden cardiac arrest in youth athletes—Online pamphlet—Online prevention program for coaches. \(wa.gov\)](#)
[CPSC Releases Study of Protective Equipment for Baseball | CPSC.gov](#)
[Guidelines for Movable Soccer Goals | CPSC.gov](#)
[Safe Cleaning and Disinfecting Guidance for Schools \(wa.gov\)](#)
[Chapter 296-823 WAC: OCCUPATIONAL EXPOSURE TO BLOODBORNE PATHOGENS](#)
[infectiousdiseasecontrolguide.pdf \(ospi.k12.wa.us\)](#)
[GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS, AND COMMUNICABLE DISEASES \(nfhs.org\)](#)
[ASTM F2440-24 Standard Specification for Impact Attenuation of Wall Padding Used in Indoor Competitive and Recreational Sports Venues \(astm.org\)](#)
[WASBO AED Manual 2016.pdf \(ymaws.com\)](#)
[Home | CWA \(cwapro.org\)](#) Climbing Wall Association
[Recreational foam - Washington State Department of Ecology](#)
[Standard Specification for Competition Wrestling Mats ASTM F 1081-23](#)
[WIAA Handbook \(rschooltoday.com\)](#) Coaches

S. Athletics		WAC or other Code Reference	Standard/ Recommended Practice	Plan Review	Reason for Change
S-001	NOTE: The Washington Interscholastic Association maintains an extensive website relating to all aspects of High School activities at: http://www.wiaa.com/		WIAA		Propose removing the first 4 items as out-of-date and not necessary for this Guide.
S-002	NOTE: WIAA recommends the "Sports Medicine Handbook" available from National Federation of High Schools. Cost is \$14.95 plus shipping. Order from 1-800-776-3462.		WIAA		
S-003	NOTE: WIAA recommends the latest version of the "Sports Rulebook" series available from WIAA. Cost is \$6.50 each booklet. Order from (425) 687-8585.		WIAA		
S-004	NOTE: WIAA recently issued "Rule 23." This rule sets the requirements that all coaches must meet when working at WIAA sanctioned schools. Rule 23 can be downloaded at: http://www.wiaa.com/pub/handbook/HTML/23.0.0.htm		WIAA Rule 23		
S 0015	Many Exposure Control Plans and Blood Borne Pathogen provisions also apply to all students. WIAA has adopted rules for interscholastic activities based on the BBP standard. This applies school-wide with particular emphasis in the athletic department. (See Section M, Bloodborne Pathogens and Exposure Control Plans.) For Cleaning and Disinfection guidance in athletics see the Safe Cleaning and Disinfecting Guidance for Schools (wa.gov).	296-823	WIAA OSPI and DOH		

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S 0026	All athletic facilities, equipment, apparatus, and fixtures should comply with manufacturer's instructions and with the rules and recommendations of the WIAA and the school district's insurance carrier.		OSPI and DOH	X	
S 003	All baseball/softball bases should be break-aways to reduce injuries. Safety release bases that leave no holes in the ground or parts of the base sticking up from the ground when the base is released may prevent, reduce, or lessen the severity of injuries.		CPSC	x	S 003-006d are added to address frequently asked questions.
S 004	Movable soccer goals can fall over and kill children who climb on them or hang from the crossbar. Securely anchor or counter-weight movable goals at all times. Remove nets when goals are not in use.		CPSC	x	
S 005	Equipment Maintenance Inspect equipment regularly in accordance with manufacturer specifications for wear and tear and to ensure it is still in good condition. Cables, belts, and pulleys must be inspected regularly and taken out of service if frayed or damaged.		Manufacturer Instructions		
S 005a	Athletic equipment and mats should conform with applicable ASTM standards at time of purchase.		OSPI and DOH	X	
S 006	Gym Protective Mats Walls, doors, and posts behind basketball backboards should be padded and free of obstruction where it is possible for players to collide with them. Pads should comply with ASTM F2440 and be sufficient in size and depth to mitigate skull and spinal cord injuries (typically 2 inches thick). Pad gym walls completely around, 4 inches off the floor to six feet high. There are many gym activities that can, and have, resulted in serious injury and death from children hitting the wall. Volley ball posts and other obstacles should also be padded.		ASTM F2440-24 National Federation of State High School Associations	x	
S 006a	Traversing wall must have sufficient floor padding when in use and that can be used to restrict access to the wall when not in use. Hand holds should be checked as needed, at least semi-annually, for tightness and gaps.		OSPI & DOH	x	
S 006b	Climbing walls should meet ASTM F1159. This standard addresses the design and manufacturing of indoor climbing walls and components and specifications of materials, climbing holds, impact forces and structural integrity. Climbing Wall Association Best Practice Standards		ASTM F 1159	x	
S 006c	Wrestling, weight-lifting, gymnastic equipment, and health room cots shall have an unbroken, non-absorbent surface that is easily cleanable. Small tears may be repaired but must result in a surface that can be cleaned and disinfected. All tears shall be repaired as soon as possible.		296-823-14055 ASTM F 1081		

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S 006d	Foam Pits: Ensure foam meets Department of Ecology guidance on reducing toxic exposures.		ECY	x	
S 007	Student-athletes should have proper instruction and documented safety training prior to participating in any new activity. Follow safety standards of NFHS Guidelines. Post appropriate signs in gyms and athletic areas for required supervision and practices – including when helmets, mouthguards, etc. are required.		OSPI and DOH NFHS		
S 008	Student-athletes should have proper physical conditioning prior to participation in athletic activities.		OSPI and DOH WIAA		
S 009	Student-athletes should have supervision during all athletic activities.		OSPI and DOH WIAA		
S 010	First aid, by a first-aid first aid trained person with immediate access to first aid supplies, must be readily accessible to injured participants at all physical education classes and all athletic practices and events. A means to summon additional medical care and transport for injured persons must be available.	WASHA 296-800-150	WIAA OSPI and DOH		
S 011	School districts and private schools shall adopt policies for the management of concussion and head injury in youth sports.	RCW 4.24.660 RCW 28A.600.190 28A.335.155	WIAA DOH		Reference to a new rule since the 2003 edition.
S 011a	Beginning with the 2020-21 school year, public schools must annually report information about each diagnosed concussion sustained by a student during athletic and other activities using a procedure developed by the department of health under RCW 43.70.435.	RCW 28A.600.192 RCW 43.70.435			Reference to a new rule since the 2003 edition.
S 012	Every three years, prior to coaching an interscholastic athletic activity coaches shall complete the online sudden cardiac arrest prevention program described in this section. Coaches shall provide a certificate showing completion of the online sudden cardiac arrest prevention program to the school.	RCW 28A.600.196	WIAA		Reference to a new rule since the 2003 edition.
S 013	AED placement and maintenance. The Washington Association of School Business Officials (WASBO) Automatic External Defibrillator Guidance for Washington Schools, May 2016, provides guidance for AED programs, placement, and maintenance.	RCW 70.54.310 RCW 28A.300.471; 28A.230.179	WASBO	x	Reference to a new rule since the 2003 edition.
S 014	All new playing surface systems meet standards of latest version of ASTM F 355 for surface impact attenuation.		ASTM F 355	x	S 014-18 are added to address frequently asked questions.
S 015	All new artificial turf must be below standard for Lead in synthetic turf fibers required by ASTM F 2765.		ASTM F 2765	x	
S 016	Appropriate bathrooms must be available and accessible for all school and after school activities.	246-366-060		x	

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S 017	Bleacher Safety – ensure compliance with ANSI: ICC 300-2017: Standard for Bleachers, Folding and Telescopic Seating, and Grandstands and NFPA 102-2021. NFPA 102, Standard For Grandstands, Folding And Telescopic Seating, Tents, And Membrane Structures NFPA 102 provides requirements extracted from NFPA 5000 and NFPA 101 for life safety in relation to fire, storm, collapse, and crowd behavior in tents, membrane structures, and assembly seating.		ANSI: ICC 300-2017 and NFPA 102-2021	X	
S 018	Sports whirlpool/cold soak tubs should be for single use only. Tubs should be drained and cleaned between users. Disinfect equipment surfaces and components by using an EPA registered product in accordance with the manufacturer's instructions. Students should be supervised at all times during use.		WIAA	X	

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