



GETTING STARTED

Readiness to Implement Assessment

The NHIAA Life of an Athlete (LoA) staff developed the Readiness to Implement Assessment for schools and/or communities to use as they start planning to implement LoA. The NHIAA and Athletic Director or LoA designee¹ complete the assessment together to help determine the best way to implement the program. Once the assessment is completed, the NHIAA and member school will develop a plan for implementing LoA to meet the needs of the individual school.

ACTIVITY	ALREADY EXISTING	NOT EXISTING	COMMENTS
Student leadership			
Is there a student athlete leadership group? -If yes, how often do they meet? (answer in the comment section to the right) -If yes, are student leaders talking about the importance of lifestyle choices to their teams on a regular basis? (answer in the comment section to the right)			
Are student leaders doing any type of mentoring activities with middle/elementary school?			
Did youth leaders attend a statewide student leadership conference in the past year?			
Engaging Coaches			
Are there educational/training/professional development opportunities for coaches?			
Did coaches attend a statewide LoA training in the past year?			
Are coaches talking to their teams about the importance of lifestyle choices on a regular basis?			
Are coaches encouraging student athletes to mentor younger athletes?			
Are coaches modeling healthy behavior?			
Pre-Season Meeting			
Does the school hold pre-season meetings? -If yes, are pre-season meetings mandatory for parents? -If yes, are pre-season meetings mandatory for student athletes? -If yes, are pre-season meeting held each season?			

¹LoA designee is a person appointed by the Athletic Director, Principal, Superintendent and/or School Board to act as an advisor to oversee implementation of the program

ACTIVITY	ALREADY EXISTING	NOT EXISTING	COMMENTS
Code of Conduct			
Has the athletic handbook been reviewed by the athletic department and/or school board in the past year?			
Does the athletic handbook use the restorative justice model as defined by the LoA manual if there is a code infraction?			
Does the athletic handbook offer resources for students who may have a drug or alcohol problem?			
Stakeholder Unity			
Are there media outlets (traditional and social) for parents to find information?			
Are there media outlets (traditional and social) for students and coaches to post about their sport?			