

# Tallahassee Parks and Recreation Dept.

## Youth Sports Emergency Procedures

We want to emphasize the importance of conducting yourselves properly in dealing with medical emergencies at your facilities. Realizing we are not empowered or trained to "treat" victims, we still have the responsibility to render front line aid and supervise the situation. This may involve discussing the situation with the victim, coach, or parent, or to call in the Ambulance Service. Listed below are some guidelines to follow, which should always be coupled with good common sense.

### In Event of an Emergency

- Try to determine the extent of the injury. If in doubt as to the seriousness of the accident, do not move the patient. Keep them comfortable and reassured and call an ambulance. If the situation calls for it, apply ice or keep the patient warm and comfortable.
- Front line care of an accident would include use of ice, stoppage of bleeding, restoring breathing, and treatment for shock, heat exhaustion or stroke.
- Be sure victim is as comfortable as possible. If it's cold, cover them. If it's hot, loosen equipment, etc. USE GOOD COMMON SENSE!
- Call for additional support. Use other adults to secure necessary materials and never leave the patient alone with other players.
- If an ambulance is called, be sure you have someone to direct it to the site. Assist paramedics in any way you can.
- Always prepare an accident report that will be turned in to the supervisor who will then get the information to the Parks and Recreation Dept.
- Be sure you have access to a phone within a short period of time.
- Submit a follow up report of the injured person. Call to find out the extent of the injury and how he is doing.

Above all, supervisors and coaches are to take charge during these incidents and must coordinate aid rendered.

### Heat Related Emergencies

Heat related emergencies usually result from loss of fluids and electrolytes (salts) from heavy sweating. As a person continues to lose fluids through sweat, the blood volume is decreased. Blood flow to the skin increases, reducing blood flow to the vital organs. The circulatory system is affected; therefore, the person goes into mild shock. If treated immediately, heat cramps and heat exhaustion can usually be reversed with prompt care.

**Heat Cramps** – Loss of fluids and electrolytes can begin to produce painful spasms of skeletal muscles, generally in the legs and abdomen. Skin is moist. Body temperature is usually normal.

**Treatment** – Have person drink cool water and rest in a cool place.

**Heat Exhaustion** – Cool, moist, pale, clammy or ashen, headache, nausea, dizziness, weakness, exhaustion.

**Treatment** –Have person drink cool water and rest in a cool place.

**Heat Stroke** – Red, hot, dry. Body temperature continues to climb. Person may vomit and begin to show changes in level of consciousness. Sweating may stop because body fluid levels are low. When sweating stops, the body cannot cool itself effectively and body temperature rapidly rises. Soon the brain and other vital organs, such as the heart and kidneys begin to fail. Convulsions, coma and death will result.

#### **Treatment for Heat Stroke**

- ❖ Check ABC's
- ❖ Call 911
- ❖ Remove person from the hot environment.
- ❖ Have the person lie down in a cool or shady area. Elevate the legs slightly.
- ❖ Loosen or remove clothing
- ❖ Apply cool, wet towels or sheets or cold packs to the body.
- ❖ Fan the person to help increase evaporation.
- ❖ If you only have ice or cold packs, place them on the person's wrists and ankles, in each armpit, and in the groin to cool the large blood vessels.
- ❖ Give small amounts of water to a fully conscious person.
- ❖ Do not apply rubbing (isopropyl) alcohol. The alcohol may cause poisoning through the skin or through inhalation.
- ❖ Monitor vital signs.

## **Concussions**

After recent discussion of concussions, our program has adopted recommendations each coach will follow for the season. The following guidelines were established by the CDC.

- ❖ Every coach will receive "A Fact Sheet for Coaches" provided by the CDC at the beginning of the season at a coaches meeting. We will also explain signs and symptoms a coach will look for at the coaches meeting.
- ❖ Every coach will also receive a couple copies of "A Fact Sheet for Parents" that will be distributed to a parent of a child that shows signs and symptoms of a concussion.
- ❖ Review the four steps in an action plan with each coach if they suspect a child has a concussion:
  1. Remove athlete from play.
  2. Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
  3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
  4. Keep the athlete out of play the day of the injury and until an appropriate health care professional says they are symptom-free and it OK to return to play. A player must bring a written clearance to the main office before the player can start back playing. League supervisor will notify the coach when a player is cleared to play.