



## EMERGENCY ACTION PLAN

- Rely on your First Aid Training and recognize a medical emergency.
- Call 9-1-1 or direct someone else to call 9-1-1 using any available phone.
- Know locations of First Aid Kits and / or AED Machines.
- Stay with Victim...render First Aid or CPR if necessary. Treat for Shock.
- Direct another person to meet with responding Paramedics at Main Entrance and provide an escort to Victim's location.
- Stay with Victim until Parent or Guardian responds to direct care.
- Notify Parent or Guardian of incident (access Program Roster).
- Notify Program Coordinator and document incident.
- If sports related Concussion, refer to CDC's Heads Up Concussion Action Plan (see back page)



**“It’s Better to Miss One Game, Than The Whole Season.”**

<b>If you suspect a CONCUSSION, you should:</b>	<b>CONCUSSION SIGNS AND SYMPTOMS</b>
1. Remove the athlete from play.	Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.	Symptoms Reported by Athlete: <ul style="list-style-type: none"> <li>- Headache or “pressure” in head</li> <li>- Nausea or vomiting</li> <li>- Balance problems or dizziness</li> <li>- Double or blurry vision</li> <li>- Sensitivity to light</li> <li>- Sensitivity to noise</li> <li>- Feeling sluggish, hazy, foggy, or groggy</li> <li>- Concentration or memory problems</li> <li>- Confusion</li> <li>- Just not “feeling right” or is “feeling down”</li> </ul>
3. Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion.	Signs Observed by Coaching Staff: <ul style="list-style-type: none"> <li>- Appears dazed or stunned</li> <li>- Is confused about assignment or position</li> <li>- Forgets an instruction</li> <li>- Is unsure of game, score, or opponent</li> <li>- Moves clumsily</li> <li>- Answers questions slowly</li> <li>- Loses consciousness (even briefly)</li> <li>- Shows mood, behavior, or personality changes</li> <li>- Can’t recall events prior to hit or fall</li> </ul>
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.	