

PERINTON YOUTH HOCKEY

Emergency Situations

Often during a game, players will become hurt and must be tended to. It should be emphasized that the coach does not have to become a doctor or first aid specialist. However, he is responsible to ensure that his players are properly looked after if they do become injured.

First of all, a coach should be aware of the first aid facilities available in the arena prior to the start of the game. These are some of the questions that should be answered:

1. Where is the closest hospital? Ambulance Corp will decide.
2. Where is the stretcher? If one is needed - **do not move** - call 911.
3. What medical facilities are available? Ambulance Corp responding will decide.
4. How to contact a doctor? If no parent or guardian is available, consult medical form.
5. What ambulance facilities are in the vicinity of the arena?
6. Where are the first aid supplies located? (At TCIA, they are in the Pro Shop.)

RECOGNITION

The most important responsibility of the coach is to recognize a serious injury when it occurs. The referee will take certain steps, such as, summoning a doctor, stretcher, and so on. The coach should be as much of a help to him as possible. If no one takes command (before medical team arrives), **be sure that you do.** Quick action might mean the difference between life and death.

Immediate action must be taken in these cases:

1. Serious bleeding due to a laceration in the region of the neck (carotid artery or jugular vein) or the wrist.
2. The player has stopped breathing due to blockage in the respiratory tract.
3. The jaw has locked or the player is choking.

BASIC TREATMENT

In cases where a player is bleeding profusely, direct pressure on the cut will decrease the flow of blood. The wound, if possible, should be covered with some type of sterile gauze, then direct pressure applied to the wound. This is most urgent in the case of a serious neck cut.

In all cases of serious bleeding, keep the player warm to decrease the possibility of the player going into shock.

Where there has been a serious head injury and the player is unconscious **DON'T WASTE TIME!** Get the player by some means to the nearest hospital.

Keep him warm once again to decrease the possibility of shock.

A player who has stopped breathing or whose breathing passage is blocked due to swallowing his tongue or mouth piece, is in very grave danger unless prompt action is taken. The passage **MUST** be cleared and breathing started immediately. Where the jaw has locked, use an oral screw, if one is available, or any object available to pry the teeth apart and clear the passage. Keep some object between the teeth in order that the jaw will not close again, especially on your finger if you are pulling the mouthpiece out or pulling on the tongue.

In summary, it must be understood that coaches are just that and not doctors. It is strongly recommended that all coaches take a basic first aid course to improve their knowledge in this area.