



# Concussion In Sports

## WHAT YOU NEED TO KNOW



### Emergency Care Plan

The emergency care plan addresses immediate need for medical assistance in the instance of traumatic injury or illness. The emergency care plan assigns specific duties for effective evaluation, transport and follow-up of the situation. The emergency care plan impacts coaches, spectators, practice/game personnel as well as athletes. The emergency care plan must address situations that may occur from the first practice through the last team meeting; it includes weekdays as well as weekends.

A checklist is attached for duties assigned to specific individuals, or information pertinent to the specific team/sport.

This plan may be used for any sport, for any site where the team practices and/or competes. It must be available at any time. It should also include additional information specific to a unique site or other circumstance. The NFHS recommends placing the plan in a plastic "sleeve" and posting it at each specific athletic venue.

Should an injury occur which needs medical assistance; the following are critical items that would need to be addressed by a coach, certified athletic trainer (ATC), designated first aid responder and/or athletic administrator.

- Primary evaluation
- ABCs
- Access Athletic Trainer or designated first aid responder by radio, if on site
- Access EMS Immediate primary care
  - Coach notifies Athletic Trainer or athletic administrator of all injuries within 24 hours.
- Medical Emergency
  - Notification of parent
  - Notification of Athletic Trainer or designated first aid responder

(The following is recommended but shall not supersede procedures adopted by your school's athletic department.)

Emergency care cards, first aid kit and quick access to ice shall be the standard for each practice and event.

In case of a catastrophic injury, no information should be given to any party other than EMS. The ATC and/or coach shall notify the athletic administrator. The athletic administrator shall be responsible for contacting the principal of the school. The athletic administrator or principal will release appropriate information to the media. Other strategies can be developed by individual schools.

The following page is a template for use at individual schools by individual teams. Other emergency plan templates are available from a variety of groups. The Sports Medicine Handbook from the National Federation of State High School Associations (NFHS) has such an option.



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### Emergency Care Plan

Date: \_\_\_\_\_ School: \_\_\_\_\_

Coach: \_\_\_\_\_ Contact Number: \_\_\_\_\_

Sport: \_\_\_\_\_

Game Site Street Address: \_\_\_\_\_

Specific directions to game site from nearest major intersection: \_\_\_\_\_

Practice Site Street Address: \_\_\_\_\_

Specific directions to practice site from nearest major intersection: \_\_\_\_\_

Directions. Please complete and distribute a copy to all members of your coaching staff, the athletic administrator, designated first aid responder or athletic trainer. Discuss this plan with your coaching staff. Proper preparation can lead to quick, appropriate action.

- \_\_\_\_\_ Where should EMS come to have quick access to the injured athlete?
- \_\_\_\_\_ Who will give primary care to the athlete?
- \_\_\_\_\_ Where is the first aid kit?
- \_\_\_\_\_ Where are the emergency care cards?
- \_\_\_\_\_ Who calls EMS?
- \_\_\_\_\_ From which cell phone/telephone will the call to EMS be made?
- \_\_\_\_\_ Who will notify the parents that the athlete is being transported to an emergency care facility?
- \_\_\_\_\_ To which emergency care facility will athletes be transported?
- \_\_\_\_\_ Who will notify the athletic administrator or athletic trainer?
- \_\_\_\_\_ Who will manage the rest of the team while care is given to the injured athlete?
- \_\_\_\_\_ Who will open any gates or doors for EMS?
- \_\_\_\_\_ Who will meet EMS and direct them to the injured athlete?
- \_\_\_\_\_ Who will travel with the injured athlete to the emergency care facility?
- \_\_\_\_\_ Who will follow-up with the parents?
- \_\_\_\_\_ Who will document the injury?
- \_\_\_\_\_ Who will speak to parent in the instance of catastrophic injury?

### Emergency Telephone Numbers

EMS \_\_\_\_\_ Athletic Trainer \_\_\_\_\_

Emergency Care Facility \_\_\_\_\_ Athletic Administrator \_\_\_\_\_

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