

## Injury Procedures

Every coach, athletic trainer, first responder, administrator and physician should be familiar with this plan of action.

### I. Determine the severity of the injury

Use Universal precaution and the quickly determine if injury is:

- A) Life Threatening  
no breathing, gushing blood, amputation, multiple injuries
- B) Severe  
anything beyond above, anything that you aren't sure of or multiple injuries or injured parties
- C) Minor  
a small cut (less than the size of your thumb nail) or a burn that is red or blistered, less than but no bigger than the size of the students palm (1% of body surface)

### II. Severe and Life threatening injuries

1. Leave player where they are, notify officials of situation. Play must stop.
2. Using gloves stabilize patient and establish ABC's. Send for AED if necessary.
3. Treat life threatening conditions and treat for shock.
4. Activate the emergency calling system.
5. Document what was done (to whom, at what time, where it happened, and how it happened).

### III. Emergency Calling System

1. The athletic trainer, first responder, a coach, a member of the office staff or an administrator will activate the EMS system. (call 911)
  - a. Tell what entrance to use and where in that area to go.
  - b. State what is wrong and what is being done for patient.
  - c. Someone should go to direct ambulance.
2. Obtain pertinent personal information and send with patient if time permits
3. The Trainer, a coach or an administrator will notify and inform parents of injured player as to what has happened and where patient is being transported to.

### IV. Minor injuries

1. Remove player from playing field.
2. Quickly evaluate injury and determine course of treatment.
3. Inform coach of situation.
4. Treat patient, using universal precautions if necessary (remember all blood must be controlled and no blood visible on clothing before player can return).
5. Reevaluate and do a further check for other injuries. Avoid tunnel vision
6. Document what was done (to whom, at what time, where it happened, and how it happened).