



Injury and Emergency Procedures

- **MEDICAL EMERGENCIES** (breathing cessation, severe bleeding, concussion with loss of consciousness, suspected neck or spinal injury, fracture, dislocation, eye or face injury, heat related illness, any other injury or illness resulting in poor vital signs such as decreased blood pressure, weak pulse, or signs of shock).
 - Coach or gym supervisor must take the following steps:
 - DO NOT move or attempt to transport injured athlete.
 - Assess the athlete and determine if EMS should be called.
 - Activate the emergency medical system (EMS) by calling 911. Provide EMS with the following information:
 - Identify yourself and your role in the emergency*
 - Specify your location and telephone number (if calling by phone)*
 - Give name(s) of injured/ill athlete(s)*
 - Give condition of injured/ill athlete(s)*
 - Give time of accident*
 - Give care being provided*
 - Give specific directions to the scene of the emergency*
 - Do not hang up until directed to do so by the EMS dispatcher*
 - Direct other athletes to the other end of the gymnasium or outside. Make sure other athletes have adult supervision.
 - Calm and reassure the athlete.
 - Notify injured athlete's parents or guardians. Refer to teams Emergency Contact List.
 - Notify an Logan Kosmalski (704-706-7711) or Brendan Winters (704-604-1517).
 - Complete an Injury/Illness Report.
- **NON-EMERGENCIES** (sprains, strains, concussion [with no loss of consciousness], illness, abrasions, minor cuts, contusions, etc.).
 - Provide appropriate first aid care.
 - Contact athlete's parents or guardians.
 - Send the athlete to the appropriate medical care facility.
 - Complete an Injury/Illness Report.
 - Provide follow-up care as necessary.