

Walnut Hills High School

Athletic Emergency and Injury Management Protocol

INJURY SITUATION:

1. Survey the Scene-

- **Category 1 Injury:** Coach can provide basic first aid using team first-aid kit. The designated team coach should provide basic first-aid and refer the athlete to the Athletic Training Room before the next scheduled practice.
- **Category 2 Injury:** Injury requiring evaluation and/or treatment by the athletic training staff. The designated team coach should notify the athletic training staff as to who he/she is, what body part is injured, and the general nature of the injury. The coach is to begin appropriate basic first-aid until the athletic training staff arrives on scene. Upon arrival, the Athletic Trainer will assess the injury and decide whether to; provide side-line care, transport to athletic training room for further evaluation and treatment, or activate EMS. The Athletic Trainer will notify the athlete's parent(s).

2. File Injury Report

EMERGENCY SITUATION:

1. Survey the Scene-

- **Category 3 Injury:** Life threatening injury (ie: the athlete is not breathing; is unconscious, or has an open fracture.)
 - **#1 - Activate EMS (911):**
 - Provide; your name, the school address and event location, telephone number, number of individuals injured, first aid provided, and other requested information (athletes' emergency contact information must be with coaching staff at all time).
 - **#2 - Notify the Athletic Trainer:**
 - **James Muncy cell: (513) 800-3911**
 - **Nathalie Towchik cell: (412) 719-2094**
 - **#3 - Provide First Aid:**
 - Provide appropriate first-aid as needed until the athletic training staff can arrive at the scene
 - If a spinal injury is suspected - head and neck stabilization should be provided.
 - The athlete should be moved **only** if it is necessary to maintain airway, breathing, circulation or it is unsafe to provide care at the current location.

2. Notify the Athletic Director or Site Manager:

- Direct them to assist with crowd control and assist EMS in locating the injured athlete.

3. File Injury Report

- Make a copy for your records and turn in to Athletic Trainers' Mailbox (James Muncy & Nathalie Towchik)

• Concussions

Signs/Symptoms:

- o Unconsciousness Dizziness Confusion
- o Headache Decrease concentration Irregular eye movement
- o Nausea Impaired balance
- o Blurred vision Sensitivity to light or sound
- o Memory loss

Treatment:

- If an athlete is unconscious or becomes unconscious at anytime, immediately call 911
 - o Contact ATC immediately after
- Assess the athlete's level of consciousness - make sure they are oriented to person, place, time, and incident.
 - o Question the athlete about the presence of pain, especially in the spine or limbs, and strongly encourage the athlete not move until evaluated by Walnut Hills' Medical Staff or EMS

Heat Related Illness-Signs/Symptoms & Treatment

1. Heat cramps:

- Muscle cramps, twitching or spasm that is due to dehydration

2. Heat Exhaustion:

- Signs/Symptoms

- | | |
|----------------------------|------------------|
| o Moist, cool, pale skin | Dry tongue |
| o Lack of coordination | Headache |
| o Impaired Mental state | Excessive thirst |
| o Muscle cramps | Weakness |
| o Nausea, abdominal cramps | Dizziness |
| o Increase temperature | |

3. Heat Stroke

- Signs/Symptoms

- o Red, hot and shiny skin
- o Confusion, Disorientation
- o Rapid/shallow breathing
- o Rapid weak pulse
- o Loss of consciousness
- o Other symptoms of heat exhaustion

Treatment:

- The athlete should be removed from direct sunlight and if possible, into a cooler environment.
- Remove extra clothing and equipment and apply ice pack to the groin and axilla areas as well as cool towels over the skin.
- Strongly encourage athlete to drink cool liquids.
- EMS should be contacted if the athlete becomes unconscious, unable to take water, or other signs that their condition is deteriorating.
- Athlete should remain under Athletic Trainer's care until EMS takes over or athlete is well enough to go home with parent.