

“SAMPLE”

Medical Emergency Plan

A coach/instructor who reacts quickly to an accident can decrease the severity of the injury and improve recovery time for the athlete.

Coaches/instructors should know how to treat minor injuries and when to call for an ambulance. All coaches should ensure that either they have or have on hand a staff member with qualified First Aid training. When assessing the injury, follow these procedures:

NOTE: THE COACH MUST STAY WITH THE INJURED PARTICIPANT AT ALL TIMES

- Stop the class activity and prevent the injured participant from moving or being harmed by further activity.
- Stay with the athlete, remain calm and be very reassuring to athlete
- Ensure the rest of the class is safe (hand your group over to another coach to take away to another part of the gym).
- Request assistance from the First Aid Officer (most senior qualified First Aid personnel) to assess the nature of the injury and give directions regarding necessary treatment.
- Review the participants Medical Form and check Danger / Response / Airway/ Breathing/ Circulation or administer other first aid, as required.
- If it is a head, neck or back injury, do not move her—**call 000 for an ambulance** stating the name of the athlete, age and nature of injury
- If the student lost consciousness for more than 30 seconds or her pupils are unequal or unresponsive, **call 000 for an ambulance** immediately stating the name of the athlete, age and nature of injury
- Ask the student her name to see if they are coherent
- Ask if they feels dizzy or nauseous
- Ask what happened
- Ask where it hurts
- Slide your hand over her body to check for any bleeding or obvious broken bones
- Ask if the pain is sharp or dull; ask if the pain moves around, or if it is in one spot; ask her to give details
- Is there any swelling? Apply Ice Packs
- Ask if this is a previous injury
- After treatment assess whether athlete can continue in class
- If child is unable to continue in class contact parents to collect child Telephone the parents/emergency contact telephone number and inform them of the situation, trying not to alarm them unnecessarily. When

talking to parents, DO NOT make any diagnosis other than the obvious (e.g. Kerry hurt her leg)

- Complete Injury Report detailing injury, treatment and further action required
- Ensure that all witness details available are recorded.
- Copy Injury Report for parents if needed
- Coach to follow up on recovery progress of injury.
- Coach to enter details in Accident Register and file original form in Accident Record File

Most traumas to the body for cheerleaders/dancers are wrist, knee, shoulder and ankle injuries. Remember that your job is to stabilize and immobilize the injured body part and use the R.I.C.E method. Err on the side of caution and always recommend that the student see a doctor.

The primary ways to treat an injury are with **R.I.C.E.**—rest, ice, compression and elevation.

Rest the injury for the first 24 hours. It is wise to see your doctor.

Ice the injured body part for about 20 minutes at a time for the first 24 to 72 hours. Ice reduces circulation to the injured area and thus reduces the swelling and inflammation. Do not use heat for the first 72 hours because it will cause more swelling and pain.

Compression means applying pressure to the injury. Usually ice is applied on the area with an elastic wrap.

Elevation means to raise the injured area above the level of the heart. This will slow the swelling.