

## **EMERGENCY MEDICAL PROCEDURES**

Coaches shall make every reasonable and prudent attempt to administer and/or secure competent first aid or medical attention for an injured player. This attention shall include post-game attention wherein the player shall be evaluated for his/her ability to be discharged to his/her own care. **IN ALL INJURY CASES**, the parent should be notified and advised of the condition and medical recommendations or your evaluation of the student's condition prior to release. In addition to this, a follow-up courtesy call is recommended. In emergency, call the rescue squad immediately (911) and attend to standard emergency first aid principles and procedures until Paramedics arrive. When they do arrive, give them student's name, hospital and physician, time of injury or illness, first aid given, and any pertinent information about the athlete's health status. If not an ambulance emergency, inform parent of situation and attempt a mutual decision on how and where athlete should be transported. Contracted services of a certified athletic trainer is available through Lafayette General Medical Center, pager hotline number 1-800-293-6059.

Never allow the injured player to leave if there is any question as to thought or situational clarity or judgmental abilities which might lead to shock, fainting, or further injury. It is against Lafayette Parish School Board regulations to allow an athlete to return to practice or competition on the same day after being rendered unconscious (unresponsive to verbal stimuli) without the approval of a physician. Furthermore, it is obvious from the foregoing that a standard Red Cross First Aid Course or a course in American Red Cross Sport Safety Training is recommended for all coaches.

When in doubt or if condition changes, call the rescue squad at 911.

## **PREPARATION BEFORE FIRST PRACTICE**

The LHSAA specifies the number of practice days required prior to a team's first contest or scrimmage. It further specifies the number of days between contests or scrimmages, or the maximum number of contests within a specified period of time. All coaches shall have the responsibility to know and follow the LHSAA rules for their sport and to use only medically approved conditioning procedures.

Heat exhaustion is of particular danger in early season practices and coaches shall have the responsibility to structure practice in the most prudent manner possible to prevent its occurrence. An unlimited water supply is common practice, encouraging athletes to drink between drills and repetitions, along with the recommendation to replace vital nutrients loss, as an example proper nutrition such as bananas, ketchup, liberal salting of foods and sport drinks. Specific emergency action plan should be stated in writing and in plain view for all situations, (practice and play for each sport). Emergency action plan should include a designated person to provide initial care, crowd control, EMS activation, etc.

Adopted: 10/1/97

Lafayette Parish Public Schools, Louisiana