



## MEDICAL I-PAGE

### Emergency Response: When to Act

#### CALL 911 IMMEDIATELY

Unconsciousness  
 Difficulty breathing  
 Chest pain  
 Severe bleeding  
 Head/neck/spine injury  
 Seizures  
 Suspected broken bones  
 Anaphylaxis/allergic reaction

#### USE ON-SITE FIRST AID

Minor cuts/scrapes  
 Nosebleeds  
 Minor sprains/strains  
 Ice/elevation needs  
 Blisters  
 Minor dehydration  
 Cramping  
 Small bruises

### Common Youth Sports Injuries

Injury	Immediate Action
<b>Ankle sprain</b>	RICE: Rest, Ice, Compression, Elevation. No weight bearing.
<b>Bloody nose</b>	Sit upright, lean forward, pinch soft part of nose 10 min.
<b>Jammed finger</b>	Ice immediately, buddy-tape if needed, check for fracture signs.
<b>Heat exhaustion</b>	Move to cool area, remove excess clothing, small sips of water.
<b>Asthma attack</b>	Help player use inhaler. If no improvement in 5 min or severe distress, call 911.
<b>Concussion suspected</b>	Confusion, dizziness, headache, nausea, slurred speech, balance issues. Do not let them return.
<b>Hit by pitch / foul ball</b>	Remove from play, assess for head/face injury, bleeding, dizziness, or severe pain. Call 911 for severe.
<b>Sliding injury</b>	Stop play, check for pain, deformity, bleeding, or inability to bear weight.
<b>Arm/shoulder pain</b>	Remove from throwing activity. Do not return to pitching/throwing if pain persists.
<b>Heat illness</b>	Move to shade/cool area, begin cooling steps, call 911 for confusion, collapse, vomiting.

**Concussion signs:** Confusion, dizziness, headache, nausea, slurred speech, balance issues. **When in doubt, sit them out.**



## Step 1: Stop Play

Stay calm. Your tone sets the tone for everyone else.

1. Call “STOP” loudly, notify the umpire, and stop play immediately.
2. Signal to umpires/officials and coaches: medical situation.
3. Clear players away from injured person. Keep crowd back—give space.

## Step 2: Assess and Assign Roles

1. You (tournament director): Stay with injured person, assess situation.
2. Assign someone: Call 911 if needed (give them facility address).
3. Assign someone: Get AED and first aid kit to your location.
4. Assign someone: Locate parent/guardian immediately.
5. Assign someone: Clear path to entrance or field access point for ambulance.

**Do NOT move the injured person unless they are in immediate danger.**

## Step 3: Provide Care

### If person is conscious:

- Ask: “What happened? Where does it hurt?”
- Keep them still and calm.
- Do not give food, water, or medication unless trained/authorized.
- Monitor breathing and responsiveness continuously.

### If person is unconscious but breathing:

- Call 911 immediately & Position on side if no neck/spine injury suspected.
- Monitor breathing continuously.
- Do NOT leave them alone.

### If person is unconscious and NOT breathing:

- Call 911 immediately & Begin CPR if trained (30 compressions, 2 breaths, repeat).
- Send for AED immediately & Follow AED voice prompts when it arrives.
- Continue until EMS arrives or person recovers.

**If you are not CPR trained:** Call 911 and follow dispatcher instructions.

## Phone Script for 911 Calls

Stay calm. Speak clearly. Have this information ready:

1. **Location:** Full facility address + specific field number, dugout, diamond, or venue area.
2. **Situation:** “Youth baseball player, age [X], [unconscious/difficulty breathing/severe injury].”
3. **Condition now:** Breathing? Conscious? Bleeding?
4. **What happened:** Brief (e.g., “collapsed during game,” “was hit by a ball,” “slid into a base”).
5. **Your name and callback number.**

**Do NOT hang up until dispatcher tells you to. Follow their instructions.**