

# Medical Procedures



## Before the Event: Preparation Checklist

1. Identify and mark all AED locations on the site map
2. Confirm first aid kit locations (each court area)
3. Post emergency numbers visibly at scorer's tables
4. Designate a medical point person for each court/gym
5. Know the facility address for 911 calls
6. Confirm nearest hospital location and route
7. Ensure clear access routes for emergency vehicles
8. Brief all staff on emergency procedures at the site meeting

## Emergency Response: When to Act

CALL 911 IMMEDIATELY	USE ON-SITE FIRST AID
Unconsciousness	Minor cuts/scratches
Difficulty breathing	Nosebleeds
Chest pain	Minor sprains/strains
Severe bleeding	Ice/elevation needs
Head/neck/spine injury	Blisters
Seizures	Minor dehydration
Suspected broken bones	Cramping
Anaphylaxis/allergic reaction	Small bruises

**Rule:** When in doubt, call 911. Better safe than sorry.

# Medical Emergency Response

## Step 1: Stop Play

1. Blow whistle or call "STOP" loudly
2. Signal to officials and coaches: medical situation
3. Clear players away from injured person
4. Keep crowd back—give space

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

## 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 for ambulance

**Do NOT move** the injured person unless they are in immediate danger (fire, structural hazard).

## Step 3: Provide Care

### If person is conscious:

1. Ask: "What happened? Where does it hurt?"
2. Keep them still and calm
3. Do not give food, water, or medication unless trained/authorized
4. Monitor breathing and responsiveness continuously

### If person is unconscious but breathing:

1. Call 911 immediately
2. Position on side (recovery position) if no neck/spine injury suspected
3. Monitor breathing continuously
4. Do NOT leave them alone

### If person is unconscious and NOT breathing:

1. Call 911 immediately
2. Begin CPR if trained (30 compressions, 2 breaths, repeat)
3. Send for AED immediately
4. Follow AED voice prompts when it arrives
5. 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 gym/court
2. **Situation:** "Youth basketball player, age [X], [unconscious/difficulty breathing/severe injury]"
3. **Condition now:** Breathing? Conscious? Bleeding?
4. **What happened:** Brief (e.g., "collapsed during game," "landed on arm")
5. **Your name and callback number**

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

## Step 4: Communicate with Parents and EMS

### When parent arrives:

1. Briefly explain what happened
2. Let parent take lead unless EMS is present
3. Offer to call 911 if not already done
4. Stay nearby to provide information to EMS

### When EMS arrives:

1. Direct them to injured person
2. Provide: name, age, what happened, when it happened
3. Give parent contact info to EMS
4. Clear pathway and space for EMS to work
5. Step back—let professionals take over

## Key Reminders

1. **You are not a doctor.** Provide basic first aid, call professionals, stay calm.
2. **Safety over schedule.** Games can wait; health cannot.
3. **Parent permission required.** Do not transport a minor without parent/guardian present or explicit permission.
4. **Document everything.** Memory fades; written records protect everyone.
5. **Stay within your training.** If you're not trained in CPR/first aid, call 911 and follow dispatcher guidance.

# Common Youth Basketball Injuries:

Injury	Immediate Action
Ankle sprain	RICE: Rest, Ice, Compression, Elevation. No weight bearing.
Bloody nose	Sit upright, lean forward, pinch soft part of nose 10 min.
Jammed finger	Ice immediately, buddy-tape if needed, check for fracture signs.
Heat exhaustion	Move to cool area, remove excess clothing, small sips of water, monitor.
Asthma attack	Help player use their inhaler. If no improvement in 5 min or severe distress, call 911.
Concussion suspected	Remove from play immediately. Do NOT return same day. Call parent, advise medical eval.

**Concussion signs:** Confusion, dizziness, headache, nausea, slurred speech, balance issues, "not acting right." **Never let them return to play.**

## After a Serious Incident: Care for Staff

Medical emergencies are stressful for everyone. After EMS leaves:

1. **Check in with staff:** "Are you OK? Do you need a break?"
2. **Debrief briefly:** What went well? What can we improve?
3. **Communicate with teams:** Brief, factual update if appropriate ("Player is being evaluated; parents are with them")
4. **Resume play when safe:** Give players/coaches a moment to reset emotionally

**For severe incidents:** Facility or MYAS may offer debriefing or counseling resources. Use them.