

Medical 1-Page



Emergency Response: When to Act

CALL 911 IMMEDIATELY	USE ON-SITE FIRST AID
Unconsciousness	Minor cuts/scrapes
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

Common Youth Sports 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.
Asthma attack	Help player use their inhaler. If no improvement in 5 min or severe distress, call 911.
Concussion suspected	Concussion signs: Confusion, dizziness, headache, nausea, slurred speech, balance issues, "not acting right." Do not let them return.

Step 1: Stop Play **Stay calm.** Your tone sets the tone for everyone else.

1. Blow whistle or call "STOP" loudly
2. Signal to 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 for ambulance

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

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 & Position on side if no neck/spine injury suspected
2. Monitor breathing continuously
3. Do NOT leave them alone

If person is unconscious and NOT breathing:

1. Call 911 immediately & Begin CPR if trained (30 compressions, 2 breaths, repeat)
2. Send for AED immediately & Follow AED voice prompts when it arrives
3. 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