



SITE SPECIFIC EMERGENCY ACTION PLAN: TENNIS

Facility: Tennis Courts

- **Address:** 1101 Alberta Way, Concord, CA 94521

Sports

- Tennis
 - Shane Valez (Women's Coach) TBD (Men's Coach)

Key Contacts

- **Call 911 for all medical emergencies.**
- **Athletic Trainer:** Dr. Tony Kearns, DC, ATC
 - Cell: 925-878-9418
 - Usual Hours: Monday-Friday 2pm-10pm
 - Be clear & concise.
 - State the purpose of the call
 - Location of student athlete
 - Nature of incident (ex: broken bone, unconscious, head injury)
 - Indicate if 911 has been called
- **Athletic Director:** Eric Bamberger
 - Cell: 925-726-9999
 - Contact Parents
- **Main Office:** CVCHS
 - Office: 925-682-7474
 - Usual Hours: Monday-Friday 7:30am-4pm

Emergency Procedures

Initial Steps

- Assess the situation
 - Ensure the scene is safe
 - Check for responsiveness

- Remove other athletes from area/field

"You go call 911, You go get the AED, I will start CPR"

1. Call 911 (Coach/Administrator)

- Explain emergency
- Provide location **1101 Alberta Way, Concord, CA 94521**
- Send someone to unlock door(s)/gate(s)
- Meet Ambulance at EMS Access Point
 - Tennis Court Entrance through the Senior parking lot just outside main gymnasium
 - Keep Area Clear of Traffic and Pedestrians

2. Go Get the AED (Coach/Administrator/Player)

- Nearest AED Locations:
 - Practices & games: On wall above the drinking fountain in large gym

3. Start CPR

- Position person on their back.
- Put one hand on top of the other in the middle of the person's chest.
- Keeping arms straight, push hard and fast (100 compressions/minute).
- Let chest completely recoil after each compression.
- Take turns with other responders as needed.

AED Usage

- Retrieve the AED
 - Open the AED case
 - Turn on the AED and follow voice commands
- Prepare the patient
 - Expose the patient's chest, shave chest hair if it interferes with pads
- Attach the AED pads
 - Place one pad on the patients upper right side of the chest& other pad on the patients lower left side of the chest
 - Pad Placement
- Follow AED prompts
 - Stand clear (waive hand over victim) while the AED analyzes the heart rhythm
 - Deliver shock if advised by the AED
 - Resume CPR if prompted
- Continue CPR and AED use until EMS arrives

- Perform 2 minutes of CPR
- Allow AED to re-analyze and deliver additional shocks if necessary
- After EMS takes over, give AED to Athletic Director or athletic trainer for data download.

Additional Actions

- **Call Athletic Trainer:** Tony Kearns
 - Cell: 925-878-9418
 - Usual Hours: Monday-Friday 2pm-10pm

Legal Requirements

By law, all athletic coaches, paid and/or volunteer, must be currently certified in: CPR, First Aid, Concussion, & Heat Illness Prevention

- CPR
- First Aid
 - Assess the Situation**
 - Ensure the scene is safe
 - Determine the nature of the injury or illness
 - Control Bleeding**
 - Apply direct pressure to the wound
 - Use a clean cloth or bandage
 - Elevate the injured area if possible
 - Treat for Shock**
 - Lay the person down
 - Elevate the legs
 - Keep the person warm
 - Anaphylaxis
 - Epinephrine Auto-Injectors (EpiPens)
 - Call 911
 - Ensure epinephrine auto-injectors are available and accessible for athletes with known severe allergies.
 - Follow First Aid training on the recognition of anaphylaxis and the use of EpiPens.
 - Call athletic trainer
 - Contact athletes emergency contact
 - Treat Burns**
 - Cool the burn under running water for at least 10 minutes

- Cover with a sterile, non-adhesive bandage
- Fractures/Dislocations**
 - Immobilize the injured area as found
 - Use a splint if available
 - Avoid moving the injured part
- Cervical Spine Injuries**
 - Neutral Alignment and Stabilization:
 - Maintain or create neutral alignment of the cervical spine to minimize further injury.
 - Airway Access and Management:
 - Ensure the airway is accessible and clear of obstructions, using face-mask removal if necessary.
 - Use the jaw-thrust maneuver over the head-tilt technique to avoid unnecessary cervical spine movement.
- Asthma Attack**
 - Medication Accessibility
 - Ensure athletes' rescue inhalers are easily accessible during practices and games.
 - Call 911 if athlete turning blue or cant speak
 - Call athletic trainer
 - Contact athletes emergency contact
- Seizures**
 - Ensure Safety:**
 - Move any dangerous objects away from the person.
 - Place a soft object under their head to prevent injury.
 - Do not try to hold the person down or stop their movements.
 - Do Not Place Anything in the Mouth**
 - Note time of the Seizure:**
 - If the seizure lasts longer than 5 minutes, seek emergency medical help.
 - Position:**
 - If possible, gently roll the person onto their side to prevent choking and help keep the airway clear.
 - Loosen any tight clothing around the neck.
 - Stay With Them**
 - Stay with the person until the seizure ends and they are fully conscious.

Post-Seizure Care **Recovery Position:**

- After the seizure ends, continue to place the person on their side in the recovery position.
- Bend the top leg at the knee to prevent rolling.
- Tilt the head slightly back to keep the airway open.

 Monitor

- Stay with the person and observe their breathing and responsiveness.

 Comfort and Reassure

- Once the person regains consciousness, they may feel confused, tired, or embarrassed.
- Provide reassurance and a calm environment.

 Check for Injuries

- Look for any injuries that may have occurred during the seizure and provide appropriate first aid.

 Do Not Offer Food or Drink Immediately

- Wait until the person is fully alert and oriented before offering food or drink.

 When to Seek Emergency Help

- lasts longer than 5 minutes.
- Another seizure follows immediately without recovery in between.
- Difficulty breathing or is experiencing prolonged confusion.
- Person's first seizure.
- Pre-existing medical condition like diabetes or is pregnant.
- Injured during the seizure.

 Monitor and Reassure

- Keep checking the person's condition

- Concussion Awareness

 Research basic information about concussions

- Symptoms

 Identify risk factors for concussions

- High-risk activities and sports: Football, Lacrosse, Cheer, Soccer

 Pre-existing health conditions

- Previous concussions

- Seizures Disorders
- Recent or current medication use
- Explore treatment and recovery options
 - Do **NOT** allow athlete back into the game or practice
 - Immediate steps post-injury
 - If unconscious, call 911
 - Contact Parents or athletic trainer
- Review educational materials for concussion awareness
 - Pamphlets and brochures
 - Yearly Certification
 - Submit records to Athletic Director
- Heat Illness Prevention
 - Device