

# Emergency Procedures

1. Try to foresee potential risks of injury, take measures to eliminate and lessen these risks, or alert participants of these risks. In the event of an injury, be capable of implementing an emergency medical procedures plan promptly and efficiently.
2. In Case of Fire:
  1. Small fire:
    - a) Be familiar with the location of the fire extinguisher and try to put out the fire.
    - b) Warn others in the building to evacuate -- (study the fire exit chart that is posted by each exit).
    - c) Call or have someone call the fire department.
  2. Major fire:
    - a) Pull the fire alarm.
    - b) If you see the fire is out of control, warn all the others in the building to evacuate, and evacuate yourself, if possible.
    - c) Remain at the scene to answer any questions that the Fire Department might have.
3. In case of an accident where there is an injury:
  1. Minor Injury: hand, finger, or foot with no bleeding.  
Escort the athlete to the Training Room.
  2. Major Injury:
    - a) Check scene safety to make sure nothing is going to cause further injury to the athlete or anyone else in the room.
    - b) Yell for help so others can hear you.
    - c) Check to see if the athlete is breathing. If not, begin CPR. All strength and conditioning personnel should be trained and certified in administering CPR. It is also strongly recommended that all strength and conditioning personnel be trained and certified in administering First Aid. Keep both certifications of all staff members up to date.
    - d) Depending upon the urgency of the situation, call someone in the training room or have someone else call the Training Room for help.
    - e) Again, depending upon the urgency of the situation, call or have someone call an ambulance or 911, as appropriate.
    - f) If the athlete is bleeding profusely, apply direct pressure to the wound (trying not to touch the blood directly with your skin) or to the pressure points, if you know them.
    - g) **DO NOT MOVE THE ATHLETE UNLESS HIS/HER LIFE IS IN DANGER BY STAYING WHERE HE/SHE IS.**
    - h) Monitor the athlete until help arrives and stay available to answer questions.
    - i) Complete an injury report form (available at the supervisor's desk) and give it to your Head Strength and Conditioning Coach to be placed on file.