

SPRING HILL YOUTH FOOTBALL ASSOCIATION

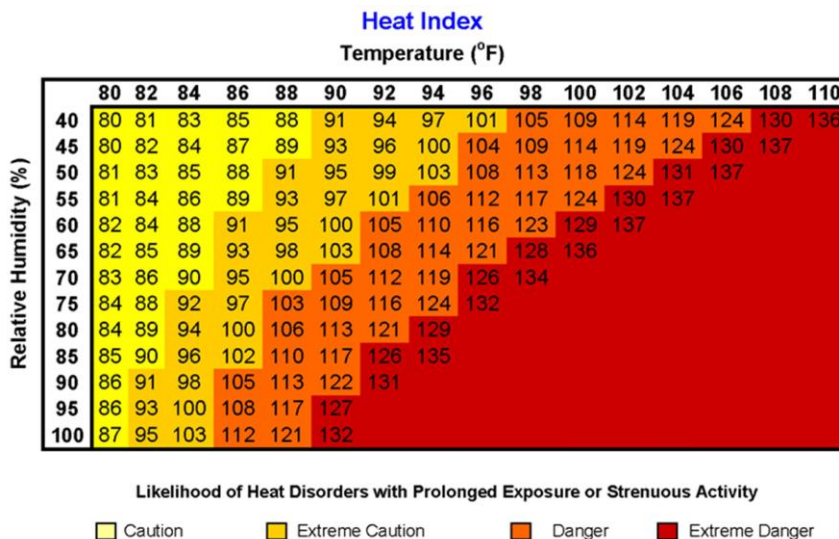


2018 Emergency Action Plan

To continue our focus on safety measures for our participants, the Spring Hill Youth Football Association (Hawks) has created this emergency plan that should be followed in the event of a medical emergency. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the President or Vice President of the Hawks in the absence of a licensed athletic trainer.

- Collect medical release forms prior to first practice:
 - Review and understand any risk areas or medical conditions your players have. If you know you have a player with issues have an assistant pay extra attention to them in drills and conditioning etc. The Hawks collect information about allergies and conditions through the registration process.
 - Instruct parents if they do not attend a practice or a game to have their cell phones available
 - Make sure you have medical release forms with emergency contact information and your emergency action plan with you at any practices or games. This information will be provided to the head coach when the teams are formed.
- At your parent meeting prior to the first practice:
 - Poll parents to see if you have any doctors or nurses on your team. Also, poll parents to determine if anyone is trained in CPR.
- Know the route to the closest hospital for all practices and games:
 - **TriStar Spring Hill ER** is the closest hospital to our practice/game facility at Port Royal Park. The address is **3001 Reserve Blvd, Spring Hill, TN 37174.**
 - Prior to any game the head coach should verify where the closest hospital is to that venue.
 - Know where the closest location for ice to any practice or game in case ice is needed quickly to cool any players with heat issues. An ice machine is available in the concession building at Port Royal Park.
 - Have a team parent or assistant coach who will be at practices or games be the designated 911 caller in case an emergency arises.

- Instruct all players to bring water to practice and give ample water breaks to your players.
 - Prior to first practice remind all players to hydrate before practices or games. Hydration does not begin at the start of practices or games. Hydration is a critical part of any athlete's safety and should be practiced all day.
- Down load app from OSHA "heat Safety Tool" (search OSHA heat from your web browser). This tool will provide you with updated data on weather conditions.
 - **Red:** No practice
 - **Orange:** Helmets only (water breaks every 20 minutes and limit practices to 1.5 hours)
 - **Yellow:** Helmets shoulder pads and shorts are recommended (water breaks every 20 minutes and limit practices to a maximum of 2 hours)

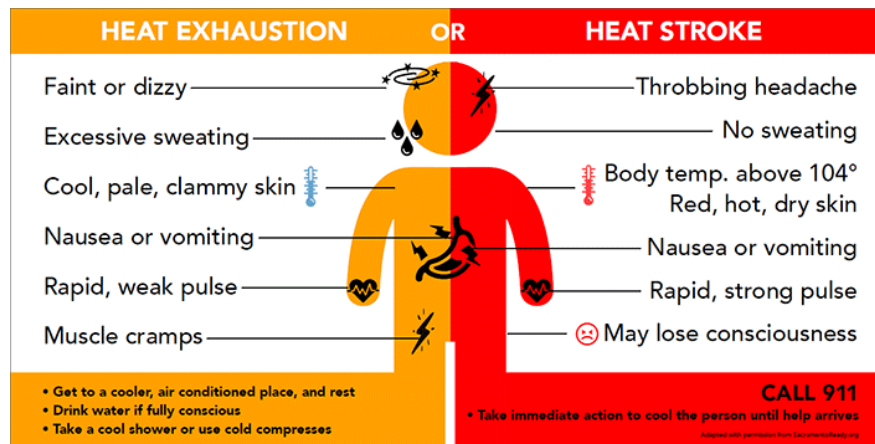


- Practice guidelines for the start of the season:
 - First two days helmets only and practice length is 1.5 hours, then two days of helmets and shoulder pads. The first two days are air and bags only, in days 3 and 4 control can be added.
 - Full Pads can be added by practice 5, but no more than 30 minutes on contact per practice of thud or live.
 - We will have a maximum of 3 football practices per week (Monday through Friday) once school starts. Prior to school starting you are allowed 4 practices per week.



- Heat Stress Conditions:

- Head Coaches are responsible to know and understand the different types of heat stress. If you have a player exhibiting signs of heat stroke have your designated person call 9-1-1.



- Concussion Awareness:

- Head and assistant coaches are responsible for knowing and understanding the signs and symptoms of concussions. If any signs or symptoms of concussions are present you **MUST** remove the player from play and they need to get a medical evaluation.
- If a player shows signs and or symptoms of a concussion the Head Coach will require the parent to provide a medical clearance from a doctor prior to returning to play. The President and Vice President should always be notified of concussion concerns for all players

HEADS+UP CONCUSSION IN FOOTBALL



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



SIGNS AND SYMPTOMS

Athletes who experience any of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right" or is "feeling down"

For more information and safety resources, visit www.cdc.gov/Concussion or www.usafootball.com.

January 2010

ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health care professional says they are symptom-free and it's OK to return to play.

IMPORTANT PHONE NUMBERS

Emergency Medical Services

Name: _____

Phone: _____

Health Care Professional

Name: _____

Phone: _____

School Staff Available During Practice

Name: _____

Phone: _____

School Staff Available During Games

Name: _____

Phone: _____

WHEN IN DOUBT, SIT THEM OUT