

EMERGENCY ACTION PLAN

Red Deer Titans Rugby Club

To be prepared in the event of serious injuries, every team must establish an Emergency Action Plan (EAP). The EAP requires that three persons be assigned to specific roles at games, practices and other events. The EAP should be rehearsed at various times throughout the season:

Charge person:

- The most qualified person available with training in emergency control, first aid or Rugby Canada Safety Guidelines.
- Familiarize themselves with the facilities emergency equipment
- Discusses EAP with the facility staff, officials and opponents
- Takes control of an emergency situation until a medical authority arrives
- Assesses severity of an injury.

Call person:

- Makes call for emergency assistance
- knows location of emergency phone in all facilities
- Has a list of emergency telephone numbers
- Knows directions to the facility
- Knows the best route in and out of the facility for the ambulance crew
- Communicates with the charge person and the control person

Control person:

- Control crowd and other players and keeps them away from the Charge Person and injured player
- Ensures proper room to work for the charge person and ambulance crew
- Ensures that the route for the ambulance crew is clear and available
- Seeks highly trained medical personnel (i.e. Doctor, Nurse) if requested by the Charge Person

When an injury occurs, the EAP should be activated immediately if the injured person :

- is not breathing
- does not have a pulse
- is bleeding profusely
- has impaired consciousness
- has injured the back, neck, or head
- has a visible major trauma to a limb

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Medical Emergency and Contact Numbers

CALL 9-1-1 For Emergencies
403-343-4422 Administration RD Hospital

Provide the following information:

a. Nature of the medical emergency

b. Location of the emergency

Red Deer Titans Rugby Park

Range Road 275a and McKenzie Road/ Township 374

From Red Deer Hospital:

- Go South on Taylor Drive
- Taylor Drive becomes Highway 2A towards Penhold/Innisfail.
- Turn East on McKenzie Road
- Immediately turn south on Waskasoo Ave.
- The Red Deer Titan's Rugby Park is on the left about 1 km

c. Your name and phone number from which you are calling

DO NOT MOVE THE VICTIM UNLESS ABSOLUTELY NECESSARY

If personnel trained in first aid is not available, as a minimum, attempt to provide the following assistance:

1. Stop the bleeding with firm pressure on the wounds (note: avoid contact with blood or other bodily fluids).
2. Clear the air passages using Heimlich Maneuver in case of choking.

Date: _____/_____/_____

Signature: _____

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Legal Land Location and Map

Red Deer Titans Rugby Park
Range Road 275a and McKenzie Road/ Township 374



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Head Injuries and Concussions: Guidelines for Coaches

Introduction

Head injuries and concussions can occur in many sports, either in training or during competitions.

Because of the potentially grave consequences of injuries to the head, coaches must take certain precautions and should enforce strict safety measures when dealing with them.

The information contained in this section is not designed to train coaches on how to implement a medical treatment or to offer medical advice in the event of a concussion. Rather, its purpose is to provide some recommendations on how to manage situations involving head injuries in a responsible manner. It is important to note that there is presently a lack of consensus in the medical community regarding precise grading scales and return to training or competition criteria following concussions.

What is a concussion?

A concussion is an injury to the brain that results from a hit to the head, or to another part of the body that allows the transmission of impact forces to the head. It shows itself through a temporary alteration in the mental status of the individual, and may also be accompanied by some physical symptoms.

Some common causes of concussions

The situations that may result in head injuries vary greatly from sport to sport. Producing a comprehensive list of possible causes is difficult. However, some common causes include:

- Direct blows to the head, face, jaw, or neck.
- Collisions from the blind side, or hits from behind.
- Hard fall on the buttocks, or whiplash effect.
- Poor quality of protective sport equipment (shock absorption), failure to wear protective equipment designed for the head, or improper adjustment of the same.
- The environment (e.g. obstacles near playing surface).
- Significant differences in the skill level, age, or size of participants involved in activities with physical
- Contact or risk of impact.
- Poor physical condition or insufficient strength in the neck and upper body musculature.

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Symptoms of a concussion

Symptoms observed in the case of a concussion include headache, dizziness, loss of consciousness, nausea, lethargy, memory loss, confusion or disorientation (lack of awareness of time, place, date), vacant stare, lack of focus, ringing in the ears, seeing stars or flashing lights, speech impairment, balance impairment, and problems with sight. Other signs may include a major decrease in performance, difficulty following directions given by the coach, slow responses to simple questions, and displaying inappropriate or unusual reactions (laughing, crying) or behaviours (change in personality, illogical responses to sport situations).

Managing a participant with concussion symptoms

The following short-term measures should be implemented in the event that a participant suffers a concussion:

- An unconscious participant, or a participant with significant changes in mental status following a head injury, must be transported to the emergency department of the nearest hospital by ambulance. This is a grave situation and the participant **must be seen by a medical doctor immediately**. In such a situation, the **Emergency Action Plan must be implemented**.
- A participant showing any of the concussion symptoms should not be allowed to return to the current practice or competition.
- A participant showing concussion symptoms must not be left alone, and monitoring for the deterioration of his/her condition is essential. He/she should be medically evaluated as soon as possible following the injury. The circumstances of the injury should be recorded and communicated to the medical personnel.
- If any of the concussion symptoms reoccur, the participant's condition should be considered serious, and the individual must go to the hospital immediately.

A person can suffer from a concussion without losing consciousness.