



ASL Athlete Injury/Illness Protocol

Purpose: The following guidelines are set forth to standardize ASL coaching staff response to athlete illness or injury while participating in team activities. By creating a standardized approach, parents can be more confident their children are receiving adequate care and supervision in response to adverse circumstances.

- 1) **Minor Injury/Illness** (e.g. cuts/scrapes/nosebleed/nausea/headache)
 - a. Swimmer will alert coaching staff of condition/symptoms
 - b. If necessary, appropriate first aid will be rendered by the facility's lifeguard staff according to their protocols. If no lifeguard staff is available, first aid may be rendered by a member of the coaching staff.
 - c. A member of the coaching staff will alert swimmer's parent of their condition by phone to assist in the decision to either continue or be held out of any ongoing team activity.
 - d. If coach and parent agree the swimmer should be held from further participation:
 - i. Swimmer will be placed in a location that will allow them to be fully visible and monitored by the coach while they continue other coaching duties.
 - ii. Coach will check on swimmer every 15 minutes to visually and verbally confirm there have been no changes in their condition.
 - iii. Parent, or an assigned guardian, will be asked to immediately come to pool to retrieve their swimmer.
 - e. Once a parent or assigned guardian are present, remainder of care of the injured/ill athlete is per their discretion.
- 2) **Moderate Injury/Illness** (e.g. suspected sprain, active vomiting, severe headache)
 - a. Swimmer or teammate will alert coaching staff of condition/symptoms
 - b. Appropriate first aid will be rendered by the facility's lifeguard staff according to their protocols. If no lifeguard staff is available, first aid may be rendered by a member of the coaching staff.
 - c. A member of the coaching staff will alert swimmer's parent of their condition by phone and request that they, or an assigned guardian, immediately report to the pool to retrieve the swimmer. In the meantime:
 - i. Swimmer will be placed in a location that will allow them to be fully visible and monitored by the coach while they continue other coaching duties.
 - ii. Coach will check on swimmer every at least every 15 minutes to visually and verbally confirm there have been no changes in their condition.
 - d. Once a parent or assigned guardian are present, remainder of care of the injured/ill athlete is per their discretion.

- 3) **Severe Injury/Illness** (e.g. suspected concussion, suspected fracture, fainting/loss of consciousness)
- a. Swimmer or teammate will alert coaching staff of condition/symptoms
 - b. Appropriate first aid will be rendered by the facility's lifeguard staff according to their protocols. If no lifeguard staff is available, first aid may be rendered by a member of the coaching staff.
 - c. A member of the coaching staff will immediately alert the swimmer's parent of their condition by phone to assist in decision for parent or an assigned guardian to immediately retrieve swimmer from pool, or for EMS to be contacted.
 - i. If a parent is unreachable, decision to contact EMS or continue to attempt to reach them is at the discretion of the facility lifeguard staff and/or member of coaching staff, based on severity of injury/illness.
 - d. If coach and parent agree the athlete should be retrieved from the team activity by a parent or assigned guardian:
 - i. A member of the coaching staff will entirely halt their coaching activities and remain with the swimmer until parent/assigned guardian arrive.
 - ii. If there is a deterioration of the swimmer's condition while waiting for a parent/guardian to arrive, lifeguard or coaching staff may contact EMS for immediate assistance.
 - e. If coach and parent agree that EMS should be contacted:
 - i. Coach and/or lifeguard staff will provide all available information to EMS staff on arrival.
 - ii. Parent or assigned guardian will either immediately report to swimmer's site or arrange to meet coach/swimmer at nearest available emergency facility.
 - iii. If a parent or assigned guardian is not present at the time EMS is ready to transport the swimmer to the emergency facility, the coaching staff member is expected to accompany the swimmer on the ambulance. The coach will notify the parent or assigned guardian of the intended ambulance destination to meet them there and assume responsibility for athlete.
 - f. If an assigned guardian assumes the care of the affected swimmer, coaching staff will immediately contact the swimmer's parent by phone to update them on the circumstances of the event, details of aid rendered, the condition of the swimmer at the time of transfer, and the intended destination – home with guardian, emergency room, etc.
- 4) **Life-threatening Injury/Illness** (e.g. anaphylaxis, severe bleeding, severe head trauma)
- a. Swimmer or teammate will alert coaching staff of condition/symptoms.
 - b. **ALL team activities will be immediately halted and unaffected swimmers will be removed from the area.**
 - c. Appropriate first aid will be rendered by the facility's lifeguard staff according to their protocols. If no lifeguard staff is available, first aid may be rendered by a member of the coaching staff.
 - d. A member of the coaching staff will immediately contact EMS and:

- i. Remain with swimmer until they are transferred to the direct care of a parent or assigned guardian, including during transport by EMS and in the emergency facility.
 - ii. Remain in contact with EMS staff until ambulance arrival.
 - iii. Assist lifeguarding staff in rendering appropriate aid, as directed by EMS personnel, while awaiting ambulance arrival.
 - iv. Provide all available information about the swimmer and incident to the EMS staff upon arrival.
- e. A second member of the coaching staff will immediately contact the swimmer's parent to alert them of their condition, aid being rendered, and status of the EMS response.
 - i. This coach will remain in direct contact with the parent until parent, or an assigned guardian, arrives on scene or until this contact responsibility is transferred to the coach remaining with the swimmer during EMS transport.
 - ii. They will alert parent of any status changes.