



FLORIDA REVOLUTION MEDICAL EMERGENCY PLAN

BE PREPARED

- 1. TAKE A CPR CLASS**
- 2. LEARN THE PHYSICAL ADDRESS**
 - ◆ Summerfield Soccer Park
11942 Big Bend Road
Riverview, Florida 33579
 - ◆ Learn directions and addresses for all other field locations (e.g. Brandon).
- 3. ALWAYS HAVE MEDICAL CONSENT FORMS IN YOUR COACH'S BAG**
 - ◆ Ask parents to voluntarily disclose any medical condition or history of players.
- 4. PRE-ASSIGN ACTIONS**
 - ◆ Pre-assign an assistant coach, team mom, or other parent(s) to: call 911, contact injured player's parent(s)/guardian(s), control/comfort other players, flag down ambulance, control crowd, notify field marshal.
- 5. PREPARE A FIRST-AID KIT**
 - ◆ Always have an ice chest and baggies at practices and games.
 - ◆ First-aid kit should include rubber gloves, band-aids, bandages, antiseptic, ice packs. Basic first aid kits are in the maintenance building and concession stand.

IN AN EMERGENCY

- 1. ASSESS SITUATION**
 - ◆ Follow Red Cross Guidelines!
 - ◆ Don't practice medicine without a license! – Basic first aid, comforting and "R.I.C.E." only – no pain relievers without parent permission
 - ◆ Start CPR ONLY if necessary and you are trained.
- 2. CALL 911 IF NECESSARY**
 - ◆ When in doubt call 911
- 3. CONTACT PARENTS**
 - ◆ Have original consent forms with Coach or Assistant Coach at practice field and all games.
 - ◆ Contact parents at all telephone numbers until reached
- 4. CONTACT FIELD MARSHAL**
 - ◆ Notify office, concession stand and/or field marshal/ director on duty.
- 5. FLAG DOWN AMBULANCE**
 - ◆ Allow emergency personnel to take over the situation.
 - ◆ Determine which hospital they will be taking the player to and inform parents.

R.I.C.E

Rest – Ice – Compress – Elevate