**Chicago Lions RFC**

**EMERGENCY ACTION PLAN**

***AMBULANCE:*** Dial 9-1-1

***POLICE:*** Dial 9-1-1

***ADDRESS LOCATIONS TO PROVIDE TO EMERGENCY SERVICES:***

**Lions for Hope Sports Complex**

2637 W Polk St, Chicago, IL 60612

***CERTIFIED ATHLETIC TRAINER FOR HOME MATCHES***

Provided by Athletico Inc.

**Preferred Hospital for home matches and training sessions:**

**Mount Sinai Emergency Room**

**1500 S Fairfield Ave**

**Chicago, IL 60608**

Directions:

Turn LEFT out of the complex.

Turn LEFT onto California

Turn RIGHT into ER just past Ogden

***MEDICAL & EMERGENCY EVENT PLAN***

Participant Medical:

* For home matches, no match will start without qualifying medical in attendance and whose sole responsibility shall be to attend to the medical needs of all participants in accordance with Rugby Illinois Policy.
* Coaches will maintain a copy of TeamSnap App on mobile devices which contains emergency contact information for at least one parent or guardian for each player.
* A printed, hard copy roster with emergency contact information will also be maintained on the sideline in the head coach’s clipboard.
* In the event of a player emergency without a parent/guardian present, the head coach, or an assistant coach shall call that player's emergency contact and make all reasonable effort to complete that contact. This will be after first calling 9-1-1 as the situation may warrant and as instructed by qualifying medical personnel.
* If a player must be transported to the hospital emergency room prior to parent arrival, a coach or club administrator will travel with the player.
* The order of authority for any medical emergency shall be the qualifying medical personnel, then head coach, or acting head coach.

For training sessions:

* All coaches have, at minimum, been certified in First Aid in Rugby (FAIR); in addition to Cardiac Arrest; Heat Exhaustion; and Concussion recognition through World Rugby certifications and will initiate protocols as defined by this training.
* All coaches have completed USAR L100; L200; or L300 coaching certifications or World Rugby, or World Rugby member equivalents.
* A baseline medical kit will be at all training sessions to address minor injuries.
* At least one L200 (or equivalent) certified coach will be present at all training sessions where contact drills take place.

Other Emergency or Urgent Situations

* For emergencies requiring police presence, call 9-1-1 and advise of location per above addresses and facility description.

**Managing concussion or suspected concussion – World Rugby**

Any player with concussion or suspected concussion should be **immediately and permanently removed from training or play**. Appropriate emergency management procedures must be followed especially if a neck injury is suspected. In this instance the player should only be removed by emergency healthcare professionals with appropriate spinal care training.

Once safely removed, the injured player must not return to any activity that day and **should be medically assessed**.

Side-line medical staff, coaches, players or parents and guardians who suspect that a player may have concussion **must**do their best to ensure that the player is removed from the field of play in a safe manner.

**Emergency Referral Indicators** If **any**of the following are reported or noticed then the player should be transported for urgent medical assessment at the nearest hospital:

* player complains of severe neck pain
* deteriorating consciousness (more drowsy)
* increasing confusion or irritability
* severe or increasing headache
* repeated vomiting
* unusual behavior change
* seizure (fit)
* double vision
* numbness, tingling, burning or weakness in the arms or legs'
* slurred speech

In all cases of concussion or suspected concussion it is strongly recommended that the player is referred to a medical or healthcare professional for diagnosis and guidance regarding management and return to play, even if the symptoms resolve. **It should only be in rare and exceptional circumstances that a player with concussion or suspected concussion is not medically assessed.**

Severe Weather:

* There is no lightning detection system. When lightning is sighted the lightning protocol must be adhered to as follows:
  + ALL participants must leave open playing field areas and seek immediate shelter under the main pavilion or in personal vehicles.
  + We will follow the prescribed RIL lightning protocol that requires open areas to be vacated for 30 minutes from the last sighted lightning with timer starting over for each subsequent sighting.
  + NO participants are permitted to return to any open field areas until all clear (30 minutes with no visible lightning) has been given by the Head Coach or event has been canceled.
* If a match or practice is cancelled, a notification shall be sent via TeamSnap App and at least two coaches will remain until all players have been picked up.