

## Steps for Emergency Action Plan (EAP)

### 1. Control the Environment

When a participant is injured, control the environment to prevent further harm.

This includes:

- Stopping activity
- Sheltering the injured participant, if outdoors
- Wearing gloves to protect yourself if you suspect the participant is bleeding

### 2. Assess the Situation

The **charge person** should conduct an initial assessment of the injured participant.

**Activate your EAP** if the participant:

- Isn't breathing
- Doesn't have a pulse
- Is bleeding excessively
- Shows impaired consciousness (they're confused or disoriented, for example)
- Has injured their back, neck or head
- Has visible, major trauma to a limb

If the participant shows none of these signs, continue to step 3.

### 3. Gather the Facts

Gather more information by talking to the injured participant and anyone else who saw what happened.

If possible, the participant should move themselves off the playing surface. **Never attempt to move an injured participant yourself.** Stay with the injured participant and help them stay calm.

### 4. Assess the Injury

Have someone with first-aid training complete an injury assessment and decide how to proceed.

**Activate your EAP** if the assessor isn't sure how severe the injury is or there is nobody with first-aid training present.

If the assessor is sure it's a minor injury, continue to step 5.

### **5. Control the Return to Activity**

The participant can return to activity after a minor injury if they show none of these symptoms:

- Swelling
- Deformity
- Continued bleeding
- Reduced range of motion or appearance of compensating for the injury
- Pain during activity
- Concussion-related symptoms (refer to the NCCP Making Head Way eLearning module that you can access through your Locker profile for information on Return to Learn and Returning to Play protocols)

### **6. Document and Communicate**

As the coach, you're required to record the injury on your club's accident report form and tell the participant's parents/caregivers about the injury.