

WARRIORS ELITE VBC



ATHLETE INJURY ACTION PLAN

ATHLETE SAFETY IS OUR #1 PRIORITY



PURPOSE

The Warriors Elite Volleyball Club Injury Action Plan provides coaches and staff with a clear procedure for responding to athlete injuries during practices, matches, clinics, and tournaments. Athlete safety is always the club's highest priority.



EMERGENCY CONTACTS

- Athlete Emergency Contact Form
- Medical Release Form
- Emergency Contact Numbers
- Parent/Guardian Phone Numbers
- Club Director Contact Information
- Emergency Action Kit
- First Aid Kit



COACH RESPONSIBILITIES

- ✓ Maintain current CPR/AED and First Aid certification.
- ✓ Complete annual concussion training.
- ✓ Carry emergency contact information to every event.
- ✓ Know facility address and emergency procedures.
- ✓ Maintain a stocked first aid kit.
- ✓ Report all injuries to the Club Director within 24 hours.

INJURY RESPONSE STEPS: S.T.O.P.

S

STOP

Stop all activity immediately.

T

TALK

Ask the athlete:

- Where does it hurt?
- What happened?
- Can you move it?
- Are you dizzy?
- Did you hit your head?

O

OBSERVE

Look for:

- Swelling
- Bleeding
- Bruising
- Deformity
- Difficulty breathing
- Confusion

P

PROTECT

Prevent additional injury by keeping the athlete still if necessary.

DETERMINE INJURY SEVERITY



MINOR INJURY

Examples: Small scrape, minor finger jam, muscle cramp, mild ankle twist

- Apply first aid.
- Remove athlete for evaluation.
- Monitor symptoms.
- Return athlete only if pain-free and able to perform safely.



MODERATE INJURY

Examples: Sprain, pulled muscle, knee pain, shoulder pain, wrist injury

- Remove athlete from participation.
- Notify parent immediately.
- Recommend medical evaluation.
- Complete an Injury Report.

May not return until medically cleared if symptoms persist.



SEVERE INJURY

Examples: Suspected concussion, neck injury, broken bone, severe bleeding, loss of consciousness, seizure, difficulty breathing

CALL 911 IMMEDIATELY

- Do not move athlete unless necessary.
- Contact parent/guardian.
- Notify Club Director.



HEAD, NECK, OR SPINE INJURY

- Do not move the athlete.
- Stabilize the head and neck.
- Call 911 immediately.
- Monitor breathing until EMS arrives.



BLEEDING PROTOCOL

- Wear gloves.
- Control bleeding with direct pressure.
- Cover with clean dressing.
- Remove blood-contaminated equipment.
- Follow bloodborne precautions.



SUSPECTED CONCUSSION

- Remove immediately.
- No same-day return.
- Notify parent.
- Recommend medical evaluation.
- Require written medical clearance before return.
- Follow Return-to-Play progression.



HEAT ILLNESS

- Move athlete to a cool area.
- Provide water if alert.
- Apply cool towels or ice packs.
- Monitor closely.

If symptoms worsen or athlete is confused or unconscious, CALL 911.

RETURN-TO-PLAY REQUIREMENTS



- ✓ Pain-free during volleyball movements.
- ✓ Able to safely perform volleyball-specific skills.
- ✓ Cleared by a licensed healthcare provider when appropriate.
- ✓ Written medical clearance has been provided for injuries requiring physician evaluation.

INJURY DOCUMENTATION

Complete an Injury Report for all injuries requiring removal from activity. Submit to Club Director within 24 hours.

INCLUDE:

Date • Time • Location • Description
Symptoms • Treatment • Witnesses
Parent Notification • Follow-Up

EQUIPMENT CHECKLIST



- ✓ First Aid Kit
- ✓ Ice Packs
- ✓ Elastic Bandages
- ✓ Athletic Tape
- ✓ Gloves
- ✓ CPR Mask
- ✓ Emergency Contact Binder
- ✓ Injury Report Forms
- ✓ Pen & Clipboard
- ✓ Water
- ✓ Cell Phone



EMERGENCY ACTION CHECKLIST

- 1 Stop play immediately
- 2 Assess the athlete
- 3 Determine injury severity
- 4 Provide appropriate first aid
- 5 Call 911 if necessary
- 6 Notify parent/guardian
- 7 Notify Club Director
- 8 Complete Injury Report
- 9 Monitor athlete until released to parent or EMS
- 10 Follow Return-to-Play procedures



**WE TRAIN HARD. WE PLAY TOGETHER.
WE PROTECT EACH OTHER.**

WARRIORS ELITE VBC
COMMITTED TO A SAFE, POSITIVE
AND SUPPORTIVE ENVIRONMENT
FOR EVERY ATHLETE.

