

WNY CHRISTIAN BASKETBALL LEAGUE
SAFETY MANUAL

Phone Numbers

Emergency (Life Threatening)

911

Address for Emergency Responders:

Trinity Lutheran Church

146 Reserve Road
West Seneca, NY 14224

West Seneca Christian

511 Union Road
West Seneca, NY 14224

Urgent Care (stitches, X-ray, non-life threatening emergency):

From: **Trinity Lutheran or**
West Seneca Christian

Immediate Care (Sat. 9AM-8PM)
3050 Orchard Park Rd, Orchard Park, NY 14224
716-675-3700

Basic Policy Guidelines

Coaches and Referees: The First Aid Kit is at the Scorer's Table.

Trinity Lutheran and West Seneca Christian both have AED devices

All team equipment should be stored away from locations where players will be running.

Only players, coaches and referees are permitted to be on the court or benches during games.

Players are allowed to wear NO jewelry (rings, watches, necklaces, bracelets) during games (including pre-game warm-ups) with the exception of medical alert jewelry.

No alcohol is allowed at games or practices.

No playing in parking lots at anytime is allowed.

Any and all safety hazards should be reported to the League Director immediately.

Basic Do's and Don'ts

- Do:**
- Reassure and aid people who are injured or frightened
 - Assist in obtaining medical attention for those who require it
 - Know your limitations
 - Have your players' Medical Release Forms with you at all games and practices
 - Contact parents if not present
 - Stay with player and have someone else call for help.
 - Assist those who require medical attention – and when administering aid remember
 - Look for signs of injury (blood, swelling, bruising and deformity of joint, etc.)
 - Listen to the injured describe what happened and what hurts
 - Feel gently and carefully the injured area for signs of broken bones.
- Do Not:**
- Administer any medications
 - Provide any food or beverages other than water
 - Hesitate in giving aid when needed
 - Be afraid to ask for help if you're not sure of the proper procedures (i.e. CPR, etc.)
 - Transport injured individuals
 - Leave an unattended person at a practice or game

Communicable Disease Procedures

Bleeding must be stopped, the open wound covered, and the uniform changed if there is blood on it before the athlete may continue.

Use gloves to prevent mucous exposure when contact with blood or other body fluids is anticipated (provided in first aid kits)

Immediately wash hands and other skin surfaces if contaminated with blood or body fluids (bleach and water, alcohol wipes and water)

Clean all blood-contaminated surfaces and equipment with bleach and water; wash with soap and water.

Coaches and volunteers with open wounds must refrain from all direct contact until this condition is resolved.

Follow some basic guidelines for controlling bleeding:

- Put rubber gloves on (this is required)
- Apply pressure on the wound with a sterile dressing
- Hold pressure for 30 seconds
- Once bleeding is controlled, secure bandage in place
- Never remove the dressing from the wound

Accident Reporting Procedures

What to report: An incident that causes any player, coach, referee, volunteer or spectator to receive medical treatment and/or first aid must be reported to the League Director. This includes even passive treatments such as the evaluation and diagnosis of the extent of the injury or periods of rest.

When to report: All incidents described above must be reported to the League Director within 48 hours of the incident.

How to make out a report: The following must be provided:

- Name and phone number of individual involved
- Date, time and location of injury
- Description of injury
- Name and phone number of person making the report