

The volunteer coach in recreational sports must be prepared to be the first responder to a medical emergency. There is a “golden minute” that a coach must prepare themselves for in the event of a life-threatening emergency. Knowing when and how to act has to be part of the preparation of every person with the responsibility for supervising children in physical activity



Emergency Action by the Coach

Whenever a coach believes that a child is suffering from any life-threatening circumstance the coach must take action. The child does not have to be unconscious to be considered at risk. When in doubt the coach must take emergency action.

Every practice and competitive venue must have a prescribed emergency action plan (EAP). The coach is required to have a prior knowledge of the EAP.

If the participant is unconscious, it is a life-threatening situation. The coach must respond immediately, as the participant may need resuscitation. Resuscitation should be performed by someone with first aid training and this is why it is good practice for all coaches to undertake this training.

Coaches should:

- have prior knowledge of the access to an AED.
- have access to a telephone to contact an ambulance
- have information about the participant’s medical history (especially for ongoing health issues such as asthma, epilepsy or diabetes)
- know how to access first aid equipment (blankets, first aid kit, ice etc)
- ideally, be able to administer basic first aid
- ensure an injury report form is completed.