



Penfield Youth Lacrosse Emergency Response Plan

Injury

Parents are presented with an "injury discussion" session during the annual Penfield Youth Lacrosse (hereinafter referred to as "PYL") parent meeting affirming that injuries will occur and that we commit ourselves to responding in a mature and supportive manner.

I. Prevention

- All equipment used in the course of our formal programs will be no more than 5 years old with an annual turnover rate of 20% per year.
- All helmets used will be NOCSAE approved and will display a visible external warning label.
- Instruction to the players regarding proper fitting of equipment and proper playing technique will be provided during the handout session and will be reiterated as necessary.
- Disruptive activities (e.g. "horsing around") will be addressed immediately with possible minor interruptive corrective actions (e.g. push-ups, etc.) accompanied by a clear statement of correct behavioral expectations.
- The players physical needs shall be properly addressed allowing adequate time for water breaks, warm-up time, and proper care of injury.

II. Permission

- Each parent is required to complete a registration form which discloses medical conditions of their child participants, relevant contacts names and telephone numbers, and permission to treat their child for minor injuries.
- The registration form also provides authorization to summon emergency vehicles as necessary and to release the injured player to the care of a physician after making a reasonable effort to locate the player's designated "emergency contact".



Emergency Response (con't)

III. Training

- All coaches will be required to have attended a certified "Sideline First Aid for Coaches" program.
- One or more PYL personnel that has received CPR training will be on scene at all times.

IV. Response

- Each team will have a cell phone on site at all times during authorized PYL activities.
- An NYSSF Emergency Plan information sheet will be included with the team player's registration form and will be with the coach at all times.
- Penfield Volunteer Ambulance corps shall be notified of all "home" game dates and locations.