

EMERGENCY PROTOCOL

1. Coaches always check on a boxer when they abruptly leave class or sit down.
2. Coaches need to ask the boxer if they are
 - Dizzy
 - Experiencing chest pains
 - Jaw pain
 - Trouble breathing or any other unusual symptoms (example, clammy, cold sweat, turning purple)
 - Ask if they are diabetic.
3. Immediately call 911- DO NOT hesitate to make the call. This is life or death!
4. Give the boxer 4 baby aspirin immediately (if heart related) Aspirin can be found in first aid kit or next to it.
5. Alert the Head Coach immediately and assistant coaches take over the class
 - Keep the class moving and do simple exercises.
 - Head Coach needs to remain with the boxer. Keep boxer calm and let them know EMS is on the way.
6. If they are experiencing chest pain, do the following:
 - Gently move them to the floor but keep the head elevated.
 - Cool cloth to neck or forehead.
 - Find boxers file and call emergency contact
 - Find boxers belongings and a volunteer to hold on to them
 - USE THE AED if needed or chest compressions
 - Send a volunteer out to direct EMS.
 - Head Coach remains with boxer until they are on the ambulance
7. Once boxer is on the way to the hospital, return to class. Pause for a minute and breathe. Update the class then take a moment to refocus (example: do some breathing exercises or several laps around the gym. Then, return to the workout and modify the routine if needed.)



EMERGENCY ACTION

**2424 21st Ave. South
Unit 100
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SIGNS OF STROKE

- F - Face Drooping**
- Does one side of the face droop or is it numb?
 - Ask the person to smile. Is the person's smile uneven or lopsided?
- A - Arm Weakness**
- Is one arm weak or numb?
 - Ask the person to raise both arms. Does one arm drift downward?
- S - Speech Difficulty**
- Is speech slurred? Is the person unable to speak or hard to understand?
 - Ask the person to repeat a simple sentence, like "The sky is blue." Is the person able to correctly repeat the words?
- T - Time to Call 9-1-1**
- If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and say, "I think this is a stroke" to help get the person to the hospital immediately. Time is important! Don't delay, and also note the time when the first symptoms appeared. Emergency responders will want to know.

DIABETIC SHOCK

1. Coaches always check on a boxer when they abruptly leave class or sit down.
2. Coaches need to ask the boxer if they are
 - Dizzy
 - Experiencing chest pains
 - Jaw pain
 - Trouble breathing or any other unusual symptoms (example, clammy, cold sweat, turning purple)
 - Ask if they are diabetic.
3. Give sugar pill (in first aid kit or next to it) immediately if needed and call 911... DO NOT HESITATE to call!
4. Alert the Head Coach immediately and assistant coaches take over the class
 - Keep the class moving and do simple exercises
 - Head Coach needs to remain with the boxer. Keep boxer calm and let them know EMS is on the way.
5. If they are experiencing chest pain, do the following:
 - Gently move them to the floor but keep the head elevated.
 - Cool cloth to neck or forehead.
 - Find boxers file and call emergency contact
 - Find boxers belongings and a volunteer to hold on to them
 - USE THE AED if needed or chest compressions
 - Send a volunteer out to direct EMS.
 - Head Coach remains with boxer until they are on the ambulance
6. Once boxer is on the way to the hospital, return to class. Pause for a minute and breathe. Update the class then take a moment to refocus (example: do some breathing exercises or several laps around the gym. Then, return to the workout and modify the routine if needed.)