

# ***2011 South County Seaside Classic Tournament***

*South County Youth Soccer Club (SCYSC)*

Medical services at all venues coordinated by University of RI Emergency Medical Services.

**For any emergency, contact:**

**4 0 1 – 8 7 4 – 2 1 2 1**

**Police/Fire/Medical  
(URI-2121)  
(Emergency Dispatch Center)**

**Nonemergency Medical or Public Safety Information: 401-874-5261**

Heat-related conditions can be serious. If heat-related or other conditions are suspected, **whether or not** the following symptoms are present, call for a medical evaluation. Radio contact can also be made with the Event Command Center (at URI only), on the medical channel. Switch to the medical channel and call “EMS Control.” (i.e., “Field 19 to EMS Control”)

## **MEDICAL EMERGENCY**

In case of a medical emergency, especially those involving a physical injury (collision, fall, fight, etc) **DO NOT MOVE THE PATIENT UNTIL AN EMT EVALUATES THE PATIENT!!**

1. Call 401-874-2121 for immediate medical evaluation. Specify clearly where the emergency is, field #, side (north, south, east, west), etc. State who you are and how to contact you if needed. State any pertinent information regarding the patient (loss of consciousness, bleeding, seizures, etc).
2. If the player is on the field, stop the game and wait until medical personnel arrive.
3. Ask that the player not try to move on their own
4. Assist medical personnel upon arrival.

## **HEAT EXHAUSTION**

Heat exhaustion can occur after prolonged exposure to high temperature and high humidity.

**SYMPTOMS:** Any or all of the following may be present:

Body temperature normal or slightly above normal, Pale and clammy skin, Heavy sweating, Tiredness and weakness, Dizziness, Headache, Nausea, Muscle cramps, Vomiting, Fainting.

### **WHAT TO DO:**

1. Call 874-2121 for medical evaluation team to be sent to where the person is.
2. **IF NO OTHER INJURY IS SUSPECTED**, move player to shade or cooler area.
3. Have the player lie down.
4. Raise the feet 8-12 inches.
5. Loosen clothing.
6. Place cool, wet cloths on forehead and body.

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## **HEATSTROKE**

Heatstroke is a life-threatening emergency. It is a disturbance in the body's heat regulating system caused by extremely high body temperature due to exposure to heat and from an inability of the body to cool itself.

**SYMPTOMS:** Any or all of the following may be present.

Extremely high body temperature, Red, hot and dry skin. Note: Sweating is usually absent, BUT not always, Rapid and strong pulse, Possible unconsciousness or confusion.

### **WHAT TO DO:**

1. Call 401-874-2121 to seek **immediate** medical attention.
2. Sponge down with cool water or apply cold packs. Do not over chill.

**NOTIFY FIELD MARSHALS OR MEDICAL TENT PERSONNEL IMMEDIATELY !!**

## **HEAT CRAMPS**

Heat cramps are muscle pains and spasms caused by a loss of salt from the body due to profuse sweating. Strenuous physical activity in hot temperatures can lead to heat cramps. Usually, the muscles of the stomach and legs are affected first. Heat cramps may also be a sign of heat exhaustion.

**SYMPTOMS:** Any or all of the following may be present.

Painful muscle cramping and spasms, Heavy sweating, Possible convulsions.

### **WHAT TO DO:**

1. Call 401-874-2121 for medical attention.
2. Have the player sit quietly in a cool place.
3. Apply firm hand pressure to the affected area or gently massage the players cramped muscle.
4. If the player is not vomiting, give clear juice or salt water.

## **FIGHT IN PROGRESS**

If a fight breaks out on any field for any reason whatsoever, call "EMS Control" or 401-874-2121 immediately. The Command Center will dispatch a team of police/security/medical personnel immediately to the specified field.

### **NOTE/REMINDER**

Players with a history of severe allergic reactions to insect stings or with asthma should have medication readily available during all games.

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