

**Activity:** Tennis Champ of Champs

**Date/s:** Tuesday 3<sup>rd</sup> March: Girls Albany Tennis.

**Venue/s:** Scarbro Tennis Courts, Merton Road and Albany Tennis Centre, Albany

**Dates:** Tuesday 3<sup>rd</sup> March, Monday 9<sup>th</sup> March (Semi-finals) and Tuesday 17<sup>th</sup> March (finals) Finals

**Class level:** Secondary School

**Staff:** College Sport, School staff, Dean Flyger 021-613-648, Collette Amai: 027 493 5073 **CSA Staff:** 1-2

**No. of players:** 100-125

**Location/s:** Albany Tennis Centre, Tuesday 3<sup>rd</sup> March, Girls section, Scarbro Tennis Courts, Merton Road, Tuesday 3<sup>rd</sup> March (Boys section), Monday 9<sup>th</sup> March (semi-finals Boys & Girls sections) and Tuesday 17<sup>th</sup> March (finals Boys and Girls section).

**Time of Event:** 9.00am-3.30pm

What could go wrong?	What would cause it?	How could we prevent it from going wrong?	Whose responsibility is it?	Emergency plan
Personal Minor injury/illness: - bruises  - cuts  - tripping - food allergies  - sprain - hit by a racket /  ball  - Dehydration -slipping Sunburn	<ul style="list-style-type: none"> <li>- Accident while playing</li> <li>- students/players misbehaving</li> <li>- tripping and falling down on courts &amp; stairs</li> <li>- uneven surface potholes in the carpark</li> <li>- Not taking appropriate medical/precautions before travelling/ playing/ eating</li> <li>- Student not drinking enough fluids, drinking too much of a drink that has caffeine in it</li> <li>- spilled drinks on or near courts, leaking from the Rain</li> <li>-Lack of suntan lotion, no hat</li> </ul>	<ul style="list-style-type: none"> <li>- Students/players are aware of acceptable behavior</li> <li>- Ensure students/players take medication before game.</li> <li>- Courts kept in a safe condition</li> <li>- potholes are filled in or warning signs are up</li> <li>- Ensure students have their own drinks and that they take them regularly. Water Fountains and taps</li> <li>- tell a staff of water, get a towel or mop and mop it up</li> <li>-Apply suntan lotion, wear hat, keep in the shade where possible</li> </ul>	Students, Players, Teacher, Parents,  Supervisors, Centre Staff	<ul style="list-style-type: none"> <li>- Treat injury where accident happened or move them to a more suitable location if possible.</li> <li>- Apply first aid as needed. School First Aid kits, College Sport first aid kit tennis centre first aid kits</li> <li>- Contact emergency services if needed.</li> <li>- Contact school or parents if necessary.</li> <li>- Prevent accident from happening again, eg wipe wet floor etc. and report accident to tennis centre</li> <li>- Sit patient down, ask how much they have drunken</li> <li>- Give the player electrolyte drink (fruit juice diluted with water, sports drink).</li> <li>- Sip slowly to avoid vomiting</li> <li>- report it immediately and wipe the water</li> </ul>

<p>Personal major injury:</p> <ul style="list-style-type: none"> <li>- break</li> <li>- dislocation</li> <li>- head injury</li> <li>- heart attack</li> <li>- car accident</li> </ul>	<ul style="list-style-type: none"> <li>- Accident while playing,</li> <li>- students/players misbehaving</li> <li>- falling down stairs</li> <li>- bleaches (seating) coming off</li> <li>- running to and from the carpark</li> <li>- keeping to the curb when walking up the driveway</li> </ul>	<ul style="list-style-type: none"> <li>- Ensure students/players are wearing protective gear ie shoes</li> <li>- Courts kept in a safe condition</li> <li>- ensure there is no running on the seating</li> <li>- make sure the pathway is clear and that there are no oncoming traffic</li> </ul>	<p>Students, Players, Teacher, Parents, Student Supervisors, Centre Staff</p>	<ul style="list-style-type: none"> <li>- Check ABC's (Air, Breathing, Circulation)</li> <li>- Break: Keep patient still, ensure blood flow is still going to end of limb.</li> <li>- Dislocation: do not relocate the bone, support, immobilize and give pain relief.</li> <li>- Head injury: If unconscious treat as a neck/spinal injury, place in recovery position. If conscious allow to rest, if drowsy allow them to sleep in recovery position but make sure to check vital signs every 15 mins.</li> <li>- Bleeding: Stop/ Restrict bleeding with firm wrap-around bandaging.</li> <li>- Heart attack: Nearest Defibrillator, instructions are given by voice prompts from the machine.</li> <li>- In all above hazards ring '111' and follow the relevant instructions above while waiting for ambulance.</li> <li>- Contact school/parents.</li> <li>- Prevent accident from happening again, eg wipe wet floor etc.</li> <li>- Keep other students away from the patient and keep calm yourself.</li> <li>- Assign someone to be a support person and stay with patient</li> <li>- report to Centre Staff and ring 111</li> </ul>
<p>Asthma Attack</p>	<ul style="list-style-type: none"> <li>- Student/players didn't take inhaler or other circumstances cause an attack.</li> </ul>	<ul style="list-style-type: none"> <li>- Ensure asthmatics take their inhalers</li> </ul>	<p>Students, Players, Teacher, Parents</p>	<ul style="list-style-type: none"> <li>- Remove student/player from trigger.</li> <li>- Help patient use their inhaler.</li> <li>- Encourage to breathe slowly and deeply. Sit them forward, leaning on something with their elbows (if this is comfortable for them) Give small sips of fluid.</li> <li>- If the student's skin is pale/blue in the lips, hands or feet or if the use of inhaler doesn't help after 10 mins, can't walk, can't speak full sentences then seek medical help. Contact emergency services.</li> <li>- Contact school/parents</li> <li>- Keep other students away from the patient and keep calm yourself.</li> <li>- Assign someone to be a support person and stay with patient.</li> </ul>

Natural disaster	<ul style="list-style-type: none"> <li>• Weather</li> <li>• Tsunami</li> <li>• Earthquake</li> <li>• Eruption</li> <li>• Fire</li> </ul>	<ul style="list-style-type: none"> <li>- Not likely to be preventable</li> <li>- no smoking or lighting fires on the premise</li> </ul>	Tennis Centre staff	<ul style="list-style-type: none"> <li>- Earthquake or Fire Emergency: Instructions from tennis Centre staff</li> <li>- Civil Defense or Police Emergency: Remain where you are and wait instructions from the Police or other authorized person.</li> <li>- Contact emergency services for advice</li> <li>- Follow emergency services instructions</li> </ul>
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