

PREVENTING YOUTH SPORTS INJURIES

with Emergency Action Planning



Having an **Emergency Action Planning (EAP)** is essential to injury prevention in youth sports. Protective measures ensure a structured, quick, and effective response to emergencies, **reducing the risk of severe injuries or fatalities among young athletes.**

WHO'S AT RISK?



Athletes in Contact Sports
Participants in contact sports such as football, hockey, soccer, and wrestling are at higher risk for injuries like concussions



Young Athletes (age 12-15)
Concussions are a significant concern, and often experience longer recovery times



Young Athletes in High-Temperature Environments
Those who train or compete in high heat and humidity are at increased risk for heat-related illnesses



Athletes with Cardiac Conditions
Those who have genetic or other cardiovascular conditions can be at risk for Sudden Cardiac Arrest



Young Female Athletes
are at higher risk (8 times higher than males) of ACL injuries, particularly in sports like soccer and basketball.

INJURY PREVENTION FOR COACHES

- ✓ **Education and Annual Training** • Train staff to recognize and prevent common sports injuries, including CPR and AED use to ensure effective emergency response.
- ✓ **Risk Assessment and Equipment** • Perform regular assessment of the availability of AEDs, first-aid kits, rescue inhalers, and EpiPens.
- ✓ **Emergency Action Plans (EAPs)** • Create an EAP for each venue, detailing staff roles and responsibilities in an emergency. Include clear communication channels, a chain of command, and local emergency services.
- ✓ **Rehearsal of EAPs** • Annually practice EAPs and document rehearsals to enhance response times.
- ✓ **Parent Involvement** • Inform parents about the EAP and risks related to their child's sport and document student medical details to respond quickly in emergencies.



Integrating these protective factors into youth sports creates a safer environment that supports physical and mental well-being. Updating EAPs with these recommendations enhances participant safety and ensures effective injury prevention.

EMERGENCY ACTION PLANNING & REHEARSAL

Sports teams should have a customized Emergency Action Plan (EAP) tailored specifically to each practice and competition venue. These plans provide a structured response to emergencies such as injuries, sudden cardiac events, or other life-threatening situations.



EAP STEPS

- 1 Develop an EAP
- 2 Assign roles & responsibilities
- 3 Review with the EAP Team
- 4 Rehearse the EAP with the Team
- 5 Update the EAP annually



EAP BENEFITS

- ★ Prepares staff & athletes for emergencies
- ★ Protect athletes from severe injuries
- ★ Improves communication
- ★ Facilitates quick response
- ★ Enhances recovery
- ★ Improves safety standards

THE SAFE STARS INITIATIVE FOR YOUTH SPORTS



The **Safe Stars Initiative** is a free recognition program that provides resources to youth sports organizations **to enhance safety standards, reduce youth sports injuries,** help organizations comply with the **TN Safe Stars Act.**



Visit the **Safe Stars Initiative Website**



Download and review the paper application



Gather needed documentation and upload using the online application

For questions, please email: **Safestars.health@tn.gov**

Data Source: *Safe Kids Worldwide Preventing Sport-Related Injuries* | *Sports-Medicine-Sideline-Emergencies-A-Review-of-Best-Practices*
How To Prevent and Spot Overuse Injuries In Kids | *Tennessee Secondary School Athletic Association*



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