

### **UKAFBA Unit Emergency Action Plan**

The aim of this document is to provide the Unit Boxing Coach with a plan of action in case of head injury to a Boxer during or after sparring or boxing.

#### **Action on – Boxer reports of a headache, blurred vision, dizziness, change of sensation in limbs, drowsiness or nausea during or after Sparring or after Boxing;**

Accompany Boxer to the Unit Medical Centre and explain that the individual is suffering from a headache from boxing related activities and needs to be assessed for any signs of a brain bleed.

If the Unit does not have an active Med Centre or the Med Centre is closed the Coach is to accompany the Boxer to A&E and explain the individual is suffering from a headache from boxing related activities and needs to be assessed for any signs of a brain bleed.

#### **Action on – Boxer suffers a loss of consciousness during sparring;**

##### **Loss of Consciousness Less than 10 seconds Boxer awake and alert;**

Call Unit Med Centre and explain a Boxer has suffered a loss of consciousness and await advice.

If the Unit does not have an active Med Centre or the Med Centre is closed the Coach is to accompany the Boxer to A&E and explain the individual has suffered from a loss of consciousness from a blow to the head whilst boxing.

##### **Loss of Consciousness More than 10 seconds Boxer and awake;**

**Call 999** and administer First Aid as appropriate.

Call the Med Cen to inform them of the situation and inform the guardroom that an ambulance has been called.

##### **Loss of Consciousness Boxer not awake, or Boxer suffers from a fit;**

**Call 999**, put the Boxer in the recovery position and administer First Aid as appropriate.

Call the Med Cen to inform them of the situation and inform the guardroom that an ambulance has been called.

#### **Other injuries**

All other injuries are to be treated with First Aid and further action as appropriate.

#### **Injury Reporting**

All injuries are to be reported using the Sports Board Incident Management Plan overleaf.