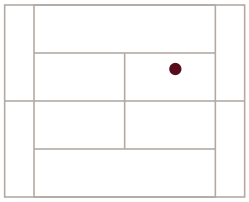
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TENNIS TRAINING



EMERGENCY ACTION PLAN

IMMEDIATE RESPONSE AND SESSION PREPARATION

GENERAL TEMPLATE / COMPLETE LOCATION SHEET BEFORE USE

01 Stop play and make the area safe

Stop instruction and assess immediate hazards. Keep other athletes away from the incident. Do not move a person with a possible serious head, neck, or back injury unless needed for immediate safety or lifesaving care. Act within your training and follow emergency dispatcher instructions.

02 Call 911 for a serious emergency

Call for unresponsiveness, absent or abnormal breathing, severe breathing difficulty, uncontrolled bleeding, seizure, suspected heat stroke, or other immediate danger. Give the exact address, court identifier, access gate, patient condition, and callback number. Use speakerphone when appropriate and follow instructions. Do not delay the call while seeking parental permission.

03 Provide care and assign help

If the person is unresponsive and not breathing normally or is only gasping, call 911 and begin CPR according to your training or dispatcher guidance. Have another adult retrieve an available AED and follow its prompts. Do not send children to retrieve equipment or leave the patient to search. Assign another adult to meet responders and keep access clear.

04 Keep other athletes supervised

Assign an available approved adult to the group and move them to the safe meeting point. If only one coach is present, call 911 on speakerphone, give essential care, keep the group together in a safe visible area, and request adult assistance. Do not leave minors alone, ask them to provide medical care, or continue the lesson.

05 Notify and transfer responsibility

Contact the parent or guardian after emergency response is underway. Use the emergency contact if needed. Give responders relevant information and record the receiving agency and destination if known. Coaches do not transport players. Arrange authorized collection for the remaining athletes.

06 Prepare before accepting drop off

Complete and rehearse the location sheet. Check phone service and battery, emergency contacts, access gates, first aid supplies, water, shelter, staffing, and the weather. Identify who calls, who gives care, who meets responders, and who supervises the group; roles may be combined when practical. Do not start if safe supervision or shelter arrangements are unresolved.

EMERGENCY ACTION PLAN

WEATHER AND HEAT

GENERAL TEMPLATE / COMPLETE LOCATION SHEET BEFORE USE

07 Lightning and severe weather

Stop outdoor activity immediately when thunder is heard or lightning is seen. Move everyone to a substantial enclosed building or a fully enclosed hard topped vehicle with windows closed. Open shelters, trees, fences, and courts are not lightning shelter. Do not wait for rain.

Shelter and restart

Identify enough safe shelter for every athlete before accepting drop off. If adequate shelter cannot be assured, postpone or cancel. Do not rely on parents reaching the venue after a storm begins. Stationary vehicle shelter must preserve safeguarding rules and does not authorize coach transportation. Count athletes at each move. Wait at least 30 minutes after the last thunder or lightning before considering a return; restart the clock after any new occurrence. Also check court conditions and official warnings.

08 Heat precautions

Review heat alerts and actual court conditions before and during training. Provide accessible drinking water and shaded or cooled breaks. Reduce intensity and duration, increase rest, or cancel when conditions cannot be managed safely. Allow athletes to stop and drink without penalty. Adapt to age, acclimatization, illness, and individual needs. This template does not establish a universal temperature cutoff.

Possible heat exhaustion

Stop activity for headache, nausea, dizziness, weakness, or heavy sweating with illness. Move to a cooler area, remove excess clothing, and cool with water or cold wet cloths. Keep the athlete supervised and seek medical evaluation. Offer small sips of cool water only if fully alert and able to swallow. Escalate to 911 for deterioration or unavailable urgent care.

Possible heat stroke

Confusion, collapse, seizure, or altered behavior during heat exposure is an emergency, even if the athlete is still sweating. Call 911 and begin rapid cooling immediately while help is coming. Use available cold water, wet clothing, cold wet cloths, and airflow. Cold water immersion may be used by trained responders with suitable equipment and airway supervision; do not delay cooling to obtain equipment. Do not give drinks to an altered or unconscious person. Follow EMS instructions.

Session decision

Do not return an athlete with suspected heat illness to training that session. Notify their parent or guardian and document the symptoms and response. The venue sheet must identify the practical water, cooling, shelter, and communication arrangements available; do not list equipment that has not been verified.

EMERGENCY ACTION PLAN

INJURY RESPONSE AND FOLLOW UP

GENERAL TEMPLATE / COMPLETE LOCATION SHEET BEFORE USE

09 Suspected concussion

Remove the athlete immediately after a head or body impact if there is headache, dizziness, confusion, balance difficulty, memory trouble, or other suspected concussion symptoms. Do not assess severity yourself or allow a same day return. Arrange healthcare assessment and notify the parent. Return requires healthcare clearance and the recommended gradual return process.

Emergency warning signs

Call 911 for a worsening severe headache, repeated vomiting, seizure, increasing confusion, slurred speech, weakness, unequal pupils, or difficulty waking after injury. Keep the athlete supervised and avoid unnecessary movement. Follow dispatcher instructions.

10 Other injuries and urgent illness

For bleeding, use gloves or a protective barrier and direct pressure with a clean dressing. Call 911 for severe or uncontrolled bleeding. Stop play for significant pain, deformity, inability to bear weight, eye injury, or breathing problems and arrange appropriate care. Do not force movement or attempt to reset a joint. For choking, severe allergy, or breathing emergencies, call 911 and act within current first aid training and the athlete’s documented emergency instructions.

11 Records and communication

After immediate care, document the date, time, exact location, observed symptoms, event description, actions, calls, witnesses, and handoff. Record facts rather than a diagnosis or blame. Inform the safety lead and store the incident report securely. Preserve relevant evidence and avoid public discussion of the athlete’s condition.

12 Review before use

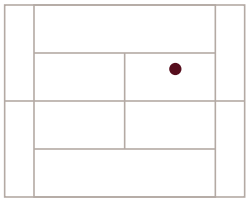
This plan supports trained responders and does not replace CPR or first aid instruction. Confirm applicable legal, insurance, and facility requirements before adopting it. Review after incidents, changes of venue, staffing, or emergency guidance. Use the Athlete Safety Handbook for missing athletes, release arrangements, and safeguarding concerns.

Official response guidance

Guidance checked September 17, 2026. Read alongside current training.
National Weather Service · Lightning and outdoor sports
CDC / NIOSH · Heat related illnesses and first aid
CDC HEADS UP · Responding to suspected concussion
American Heart Association · CPR and AED training

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TENNIS TRAINING



EMERGENCY ACTION PLAN

LOCATION SHEET / ONE VERIFIED COPY FOR EACH VENUE

GENERAL TEMPLATE / COMPLETE LOCATION SHEET BEFORE USE

No venue is assumed. Complete this sheet before the first session and recheck access and arrangements whenever conditions change. Keep it available courtside with the attendance and emergency contact records.

Venue name and court identifier

Exact street address and dispatcher directions

Emergency entrance and gate access instructions

Safe meeting point and lightning shelter with capacity and access

Lead coach and phone / backup adult and phone

Care and 911 caller / responder guide / group supervision assignments

Parent contact record location / business safety lead and phone

First aid supplies, drinking water, and practical cooling arrangements

AED availability, location, and access: verify before training

Verified by and date / phone service and shelter access checked

If an essential arrangement is unresolved, adjust or postpone the session.