

## **Chair Umpire's Practical Guide to On-Court Medical Conditions:**

### **What you can do while waiting for the physiotherapist or physician to arrive on court**

#### **INJURIES & ILLNESSES**

1. Cuts and abrasions
  - For all cuts or abrasions, direct the player to his/her chair.
  - If there is obvious bleeding, direct a ball boy/girl to hand the player a clean towel and instruct the player to press it firmly onto the wound.
  - Arrange for any blood-stained products to be placed in a red plastic bag. If the player does not place the blood-stained products in the bag him/herself, latex/medical gloves should be used to do so.
2. Eye injury
  - If the player has an eye injury (e.g. hit in the eye with the ball or a foreign object in the eye), direct (or assist if necessary) the player to his/her chair. Do not touch the affected eye.
3. Sprains, fractured/broken bones and dislocations
  - If the injury is in the upper extremity (arm, wrist, hand), escort the player to his/her chair while carefully supporting the arm. Avoid moving the injured area as much as possible.
  - If the injury is in the lower extremity (leg, ankle, foot) do not move the player. Avoid moving the injured area.
  - Make the player as comfortable as possible, e.g. by placing a towel under his/her neck.
  - Apply an ice bag directly to the injured area to cool it.
  - If the ankle is affected, do not attempt to remove the shoe or sock. Instead, apply an ice bag directly over the shoe and sock.
4. Cramping
  - Do not attempt to move the player.
  - Make the player as comfortable as possible, e.g. by placing a towel under his/her neck.
5. Vomiting
  - If a player is vomiting, provide a towel to allow him/her to cover his/her mouth. This will reduce the soilage of the court and diminish the visual impact for the spectators.
  - If the player is standing, he/she may be assisted to his/her chair.
  - If he/she is lying on the court and/or does not appear to be fully conscious, the Chair Umpire should not attempt to move him/her; instead, turn the head to the side to prevent aspiration of vomit into the lungs.
  - All soiled material should be placed in a red plastic bag, and the person doing so must wear latex/medical gloves.

6. Extreme weather

- Whenever a player is injured or ill and lying on the court or sitting in his/her chair during a match being played in high temperatures and humidity, the Chair Umpire should instruct the ball boys/girls to shade the player with umbrellas until the physiotherapist or physician arrives.
- If a player appears confused, call for Emergency Medical Services immediately, followed by the physiotherapist and physician. While waiting for help to arrive, assist the player to a chair or help him/her to lie down, provide shade, and apply ice bags or cold, wet towels to the player's neck, armpits and groin.

## SERIOUS AND LIFE-THREATENING CONDITIONS

A serious and life threatening condition exists if a player exhibits any of the following:

- Sudden collapse\*.
- Extreme difficulty in breathing.
- Choking (usually signified by the player clutching his throat).
- Uncontrolled shaking accompanied by unresponsiveness (usually signifying a seizure).

In the event that a player exhibits ANY serious or life-threatening condition, do the following:

- Call for Emergency Medical Services immediately, followed by the physiotherapist and tournament physician.
- If you are trained in basic life support techniques (CPR), begin appropriate evaluation and treatment.
- If not, while waiting for medical assistance to arrive, try to calm the player and make him/her as comfortable as possible, and ask if anyone in the immediate vicinity is trained in CPR.
- Try to ensure that crowd control is maintained.

**\*Note: Only the Chair Umpire and the Supervisor may assist the player before the physiotherapist and/or physician arrives. No others, including line umpires, ball boys/girls, ushers, or other tournament staff should touch the player. However, for serious and life threatening conditions, anyone who is trained in CPR or more advanced cardiac life support can begin treatment immediately. If the player has not moved for more than 10 seconds, assume this is sudden death; every second counts in this situation.**