Safety Officer Training
Training Requirements

- Hold an American Red Cross (ARC) Professional Rescuer CPR/AED & FA certification or equivalent (American Heart Association Healthcare Provider) or advanced certification (EMT or lifeguard)
  - Certifications other than ARC will require a safety skills test conducted by RecWell to be accepted

- All safety officers are required to go through:
  - Bloodborne pathogen training
  - First aid refresher
  - Concussion emergency procedures
  - Accident reports and emergency contact information

- Complete the online test; passing score of 80% (link at the end of this training)
Safety Officer Duties

- Responds to personal injuries and medical emergencies
- Takes control in emergency situations
- Contacts the Club Sports professional staff in the event 911 is called or a participant is transported to a medical facility
- Completes Accident Reports for any and all injuries
- Ensures objects soiled in blood or other bodily fluids are properly disposed of.
- Ensures the club’s first aid kit is present at all practices and events
- Confronts those suspected of a concussion, takes them out of practice/play and provides individuals with educational materials
Practice & Event Requirement

- Two (2) certified Safety Officers must be in attendance at every club practice and event
Bloodborne Pathogens
Training Videos are located on the Club Sports Resource Page under the Bloodborne Pathogen section

- [https://recwell.umd.edu/activities/club-sports/officer-resources](https://recwell.umd.edu/activities/club-sports/officer-resources)

- Test questions may be taken from content in each video
  - Knowledge is the First Defense
  - Chain of Infection
  - Staying Safe on the Job: A Shared Responsibility
  - Removing Latex-Free Disposable Gloves
  - Handwashing
  - Cleaning Up Spills of Blood and Other Potentially Infectious Materials
Bloodborne Handouts

- Click the links below to load each handout
- It is recommended that you print each handout to reference at a later date
- Test questions may be taken from each handout
  - American Red Cross: Preventing the Spread of Bloodborne Pathogens
  - OSHA Fact Sheet: Bloodborne Pathogen Exposure Incidents
Which body fluids may contain bloodborne pathogens?
- Semen
- Human Blood

How can I protect myself?
- Wear gloves if you need to touch human blood or used condoms
- Always wash your hands after you remove gloves.
- Contact a facility staff member to clean up after an exposure incident
  - Do not pick up needles, syringes or broken glass with your hands. Use tongs or broom & dustpan.
  - Use disinfectant to clean up blood.

What should you do if you think you may have been exposed to bloodborne pathogens?
- If possible, wash the exposure site with soap & water
- Seek medical attention
- Contact the Club Sports professional staff
Biohazard Waste Disposal

- Always use a biohazard bag to dispose of objects which may be soiled in biohazardous waste such as used gloves, gauze/bandages, etc.
- Biohazard bags should be disposed of in biohazardous waste containers
  - Equipment Issue Desk in the Eppley Recreation Center
  - Intramural Office in the Reckord Armory
  - A supervisor at Ritchie Coliseum
- If you are at another facility, ask the facility staff where to properly dispose of your biohazard bag
First Aid Refresher

To review common injuries and first aid responses
Fracture

- A break or disruption in a bone

Dislocation

- A displacement or separation of a bone from its normal position

Sprain

- A partial or complete tearing or stretching of ligaments at a joint

Strain

- A stretching or tearing of muscle or tendon fibers
Response

- RICE
  - Rest
    - Limit use of injured body part
  - Immobilize
    - Stabilize in the position found, loosen laces, keep shoe on
  - Cold
    - Apply ice for periods of 20 minutes (20 on/20 off)
  - Elevate
    - Only if it does not cause more pain

- Check for circulation below the injury (e.g. toes/fingers), feeling, warmth, color
Soft Tissue Injuries

- Soft tissue includes layers of
  - Fat
  - Skin
  - Muscle
- Wounds (open vs. closed)
  - Bruises (closed)
    - Elevate the injured body part if it does not cause more pain
    - Apply ice (20 on/20 off)
Open Wounds

- Abrasions (turf burn)
- Lacerations
- Punctures

For minor wounds:
- Put on gloves!
- Apply pressure directly to the wound to control the bleeding
- Wash the wound (running water is best but water from a water bottle would suffice)
Major Wounds

- Shock
  - Always take steps to avoid shock
  - Keep participant comfortable
  - Monitor ABC’s
  - Elevate legs

- Stitches may be necessary
  - Common places (eye brow, chin, forehead)

- Punctures
  - Do not remove object – this could cause more harm
  - Call EMS immediately
Concussions
Learning Objectives

- Know what a concussion is
- Be able to identify signs and symptoms of a possible concussion
- Know what to do if a participant possibly has a concussion
- Know what things can be done to try and reduce the risk of a concussion
- Understand what steps should be taken before returning to play
Concussion Video

What is a Concussion?
What is a Concussion?

- According to the CDC, “a concussion is a type of traumatic brain injury cause by a bump, blow, or jolt to the head that can change the way your brain normally works”
- The impact causes the brain to shift or rotate within the skull
  - Which can result in stretching and tearing of brain cells
- After a concussion, the brain is more or less vulnerable to another concussion?
  - More
- What is the average recovery time for a concussion?
  - 2 weeks
  - Some take less time and others can take several months to recover from
According to a Concussion Study (on high school athletes)

- The sports with the highest rates of concussions are:
  - Ice Hockey
  - Lacrosse
  - Soccer
  - Wrestling
  - Basketball

Concussions affect 4 areas of function
- Physical Feeling
- Emotions
- Thinking
- Sleep

Female participants in the same sport as males were nearly twice as likely to sustain a concussion
Concussion Signs and Symptoms

- DO NOT leave participants alone
- Not all signs and symptoms are apparent right away.
  - Sometimes they don’t appear until the person begins to resume daily activities
- Take participants to see a Health Care Professional immediately if signs and symptoms begin to worsen, such as:
  - Decreased level of consciousness
  - Inability to be awakened
  - Irregular breathing
  - Sever or worsening headache
  - Persistent vomiting
  - Seizures
- Sometimes, dangerous blood clots may develop on the brain
Concussion Signs

- Observed by you
- You observe the Participant is:
  - Dazed and confused
  - Confused about what they are supposed to be doing
  - Forgets plays
  - Unsure of game, score or opponent
  - Moves clumsily
  - Answers questions slowly
  - Loss of consciousness
  - Shows behavior or personality changes
  - Can’t recall events prior to or after the injury
Concussion Symptoms

- Felt by them
- The Participant is experiencing:
  - Headache
  - Nausea
  - Balance problems
  - Double or fuzzy vision
  - Sensitivity to light or noise
  - Feeling sluggish
  - Feeling foggy or groggy
  - Concentration or memory problems
  - Confusion
RecWell Athletic Training Room is located in Ritchie Coliseum on the basement level (room 0100)

Walk-in hours will vary
- Hours of operation are listed on their website

Website
- recwell.umd.edu/activities/club-sports/athletic-training

To make an appointment email the trainers or call 301-405-5711
- Alysia Henderson
  - ahenderson@som.umd.edu
- Thomas Bennett
  - thomasbennett@som.umd.edu
If a member, player or participant shows signs or symptoms of a concussion:

- Immediately remove them from play/the activity
  - Do not allow them to participate further (i.e. re-enter the game, return to practice)
- Conduct Concussion Checklist
  - On RecWell website
  - Submit checklist and accident report to Club Sports Office
- Recommend they get checked out by a medical professional or RecWell Athletic Trainers

As a Safety Officer, it is your responsibility to look out for concussions and remove members, players or participants from play/the activity if necessary!
Reducing Risk

- We can reduce the risk of a concussion by:
  - Educating all participants about what concussions are and the signs and symptoms
  - Encouraging participants to inform someone if they think they may have a concussion
    - “It’s better to miss one game than the whole season”
  - Making sure that protective equipment fits properly and is well maintained
  - Encouraging good sportsmanship during games and practice
  - Teaching proper technique of the sport and encourage athletes to follow the rules of the sport

- If someone does receive a concussion, it is vital that they rest until fully healed
  - This reduces the possibility of getting a second concussion
  - More importantly, eliminates the possibility of a repeat concussion
Rare cases have reported that repeat concussions have resulted in severe swelling and bleeding in the brain that can be fatal.

What percentage of athletes who have died or have long-term problems were still experiencing symptoms from a previous concussion when sustaining a second?

- 40%

How could this have been prevented?

- Been provided sufficient recovery time
- Followed return to play protocol
- Were educated on the dangers of playing with a concussion

Repeat Concussion?

- A repeat concussion is a concussion that occurs before the brain has a chance to recover from the first concussion and can slow recovery or increase the chance of long-term problems.
Returning to Play

- Final clearance must be given by a RecWell Athletic Trainers
For More Information

http://www.cdc.gov/headsup/index.html
Emergency Procedures
Contacting RecWell

- If an accident occurs that requires a participant to be transported to a hospital the club MUST contact a Club Sports Professional Staff Member IMMEDIATELY
  - Transports are either by ambulance or personal vehicle,
- If a Club Sports Professional Staff Member is not reachable, contact the RecWell Manager on Duty (MOD) at 301-226-4500.
  - This applies to visiting team members and spectators during home events as well as University of Maryland Club Sports members.
  - Cell phone numbers are listed in the travel binders and first aid kits
1. The club member(s) certified in CPR/AED and first aid should respond
2. Determine the seriousness of the injury
3. If life threatening, call 911 or send someone for help
4. Assign other club members or bystanders (when available) to specific tasks (i.e. calling campus police, etc.)
5. Administer first aid to the level of your training
Serious Injuries

- All serious injuries that require transportation (to The University Health Center, doctor’s office, hospital, etc.) should include a 911 call for ambulance assistance.
- Have someone meet the emergency vehicle.
- When in doubt, always believe the injury is more serious than originally thought.
  - Call for help and do not move the injured participant, even if it means delaying an activity in progress.
  - Remain with the injured participant until help arrives.
Whenever you hear a fire alarm in a facility, stop all activities in progress and evacuate the building.

When evacuating the building, make sure all sport club members and spectators vacate the area and move outside. Do not allow club members to enter another part of the building to retrieve personal belongings.

Close all doors leading into the building.

You may not re-enter the building until the alarm is turned off and/or a uniformed officer gives you permission to enter the building.

If you discover the fire, activate the closest alarm and then call the emergency number (911) to confirm the report. After evacuating the building, a facility supervisor will direct the firefighters to the correct location.

Do not attempt to extinguish a fire.

In RecWell facilities, club members MUST follow the facility supervisor’s instructions.
If you receive a bomb threat, try to learn its specific location. The same person should then immediately report the threat to the campus police and RecWell staff on duty.

Follow directions given by police (might include evacuation of the building).

Do not open/pick up any suspicious parcels.
Suspend all activity in progress. If all areas are dark and it’s too difficult to move activities to a lighted area, ask all club members to sit down and be patient. Make a general announcement informing the participants/spectators that there is no need to evacuate. Remain calm.

Report the power failure to the RecWell Facility Supervisor on duty. The power failure might only be at the facility where you are.

Encourage participants/spectators to stay out of dark areas (i.e. locker rooms, bathrooms, etc.).

In RecWell facilities, club members MUST follow the facility supervisor’s instructions.
Thunder & Lightning

- If thunder and/or lightning can be heard and/or seen, stop the game and seek protective shelter immediately.

- In situations where thunder and/or lightning may or may not be present yet you feel your hair stand on end and skin tingle, immediately assume the following crouched position: drop to your knees, place your hands/arms on your legs, and lower your head. Do not lie flat.

- In the event that either situation should occur, allow thirty minutes to pass after the last sound/sight of thunder and/or lightning strike prior to resuming play.
The University of Maryland Early Warning System will sound for at least 3 minutes when a tornado has been sighted or is indicated on radar. It can be heard through the University community. Take the following steps once the siren has sounded:

- Take shelter in the lowest level of a brick building; stay away from windows, do not use elevators
- If a tornado is approaching and you cannot seek shelter, lie in a ditch or low-lying area.
- In RecWell facilities, club members MUST follow the facility supervisor’s instructions.
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Number</th>
<th>Notes</th>
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<tbody>
<tr>
<td>EMS</td>
<td>Emergency Medical Services</td>
<td>9-1-1</td>
<td></td>
</tr>
<tr>
<td>Kurt Klier</td>
<td>Assistant Director - Club Sports</td>
<td>(301) 226-5681</td>
<td>Call for ALL transports</td>
</tr>
<tr>
<td>Rainer Tandaju</td>
<td>Coordinator – Club Sports</td>
<td>(301) 226-5715</td>
<td></td>
</tr>
<tr>
<td>ERC Info Desk</td>
<td>Manager on Duty</td>
<td>(301) 226-4500</td>
<td>Call for Incidents &amp; Accidents When Others are Not Available</td>
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Safety Officers are responsible for the contents of the Safety & Risk Management section of the Club Sports Handbook.
Safety Officer Test
Passing – 80% or greater

CLICK HERE TO TAKE THE QUIZ