

General Guidelines

- Planning before anything happens is key.
- Do you have a cell phone, phone card and change to call for help? Do you know who to call for help and do you have the phone number for your local area.
- Coaches should ask parents if any of them have first aid training. Some may be doctors, nurses or other medical professionals and following the advice of those better trained is always a good idea.
- It is a good idea to take a basic first aid course, or better yet, advanced first aid course. Many courses are offered by the Red Cross.
- We have been working with the local Hazleton Red Cross (455-9517) to offer this course to all coaches for next year.
- Coaches should bring a few zip lock bags of ice in a cooler to every game / practice.
- We have provided a basic first aid kit at all our field locations. Let us know if anything is used so we can restock the kit. It may be a good idea to bring any other ideas you deem necessary in your own kit. Ask your physician, ambulance squad, or emergency medical facility to suggest a list of supplies for your medical kit. Check frequently that the kits are restocked.
- Prevent many injuries and sprains by teaching, and allowing time for, warm - ups and cool - downs.

Important Numbers to have with you:

West Hazleton Ambulance Association. **455-5221.**

Valley Emergency Ambulance Association. **788-5449.**

Hazleton Paramedic, Medic 23. **454-8567.**

McAdoo Community Ambulance. **929-2042.**

Hazle Township Fire Rescue Company. **454-3411.**

Sugarloaf Fire Company. **788-1115.**

Conyngham Volunteer Fire Department. **788-2354.**

West Hazleton Fire Department. **455-3696.**