

Towerpoint Tennis Club

First Aid/Emergency Response



We have all had the experience of seeing fellow players having shortness of breath or falling down on the court and getting a scrape or more serious bump. Minor accidents and incidents are resolved quickly with a well-placed band aid and a few minutes rest.

However, our First Aid efforts are just that - First Aid.



If a medical situation appears at all serious we do not hesitate to call 911 for expert assessment and treatment. At the courts, we have a dedicated telephone for calling 911 and an AED (automated external defibrillator). Training in the use of the AED is offered to all players.

The Towerpoint Tennis Club Executive Committee are requesting all members know how to perform CPR and use the AED should a situation arise. Please review the following 2 videos on CPR and AED use.

CPR Training with Steve Kerr

<https://vimeo.com/36983005>

How to Use an AED

<http://heart.arizona.edu/how-use-aed>

Yearly access to CPR manikin and the AED machine will be provided with a medical assistant for hands-on reference check-off. New members to sign up for instruction classes.

Every player should fill out the **Emergency Medical and Contact Information** form: http://towerpointtennis.org/pdf/Emergency_Medical_Contact_Information.pdf provided by the club through the team captains. It is kept available and in sight in the red luggage tag attached to your tennis bag. If 911 is called on your behalf, you may not be able to give vital information to the EMT responders.

We are each responsible for our own health and safety. As friends, we keep an eye on each other while on the courts. Be aware of what is happening around you.