

(PLns)

Sports Witnessed Collapse Protocol Sheet

Witnessed event Untrained bystanders present Casualty unresponsive and breathing effectively

Accident Procedure		Rescue Sequence		✓
A	Assess	Safety for yourself, others and the casualty Cross contamination dangers Alert response No response Control bystanders	Stop Look Consider personal protection Loud command/question Gently touch shoulders “No phoning yet! Silence needed to assess casualty!”	
	Airway	Open airway Maintain airway	Head tilt Chin lift Keep head tilted & chin lifted	
B	Breathing	Is breathing normal? Breathing effectively	Look Listen Feel (no more than 10 sec)	
C	Circulation	Immediate life threatening problem	Scan for severe bleeding + life threatening conditions Reassure, inspire confidence and take charge	
	Treatment	Safe airway (recovery) position	Ask bystander(s) to ensure sports session ceases Kneel by the side of casualty Remove any spectacles &/or empty pockets Undo restrictive clothing or equipment Remove interfering objects Slide nearside arm up Bring back of far hand to face Lift far knee and keep hold Roll casualty with head supported Stabilise draining position	
		Is treatment effective?	Check SAP (RP) Look Listen Feel for breathing	
		Activate emergency services	Ask bystander(s) present to phone/go for help/AED	

Student name

Witness name