



North Country Union High School

Athletic Injury Emergency Action Plan

Emergency Personnel:

1. Certified Athletic Trainers on site at scheduled practices/competitions
2. CPR/First Aid certified coaches on site at all practices/competitions
3. Athletic Director available during school hours and on site at competitions
4. Athletic Training office is located directly off of the main gym near the boys locker room

Emergency Phone Numbers

Rescue.....**911 or 802-334-2023**

Police.....**802-334-6733**

Athletic Training Room.....**802-334-7921 x3016**

Staff:

Briana Bonnell, ATC.....Office: **802-334-7921 x3016** Cell: **802-624-1098**

Preston Ingram (Athletic Director)....Office: **802-334-7921 x3025** Cell: **802-673-8665**

Linda Desrochers (Nurse).....Office: **802-334-7921 x3062**

Emergency Communication

1. 209 Veterans Avenue, Newport, VT 05855
2. Athletic Training staff have personal cell phones (see list of emergency numbers above)
3. Coaching staff will have a cell phone or two-way radio on at all times during practice/competition
4. The Athletic Trainer, when present, will be notified by the coach or designee of any injury that an athlete sustains.
5. The Athletic Trainer will have the responsibility of administering to all injuries and making proper recommendations and treatments.
6. If the Athletic Trainer is NOT present, the coach will assume responsibility or whoever has been assigned in the Emergency Care Plan filed for each team. The coach must be prepared to recognize and properly administer first aid or refer injured athletes to proper medical personnel.
7. Emergency services should be called for all emergencies.

Keys:

1. Certified Athletic Trainer will hold keys to all buildings/gates.
2. Athletic Director will hold keys to all buildings/gates.
3. Local ambulance squad will hold keys to all gates.
4. NCUHS maintenance department will hold keys to all buildings/gates.



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Emergency Equipment:

1. All first aid/emergency equipment will be held in the athletic training room.
2. All coaches, the AD, the ATC, and maintenance staff will have access to this equipment.
3. There is an AED located right outside the door of the athletic training room near the entrance of the gym and another located in the training room under the main treatment table.
4. An AED will be at each athletic competition.
5. The nearest land-line phone to most athletic fields is located in the training room or in the athletic director's office near the main gym.

In the Event of an Emergency:

1. If there is an Athletic Trainer on site/on NCUHS grounds, the AT will decide if the injury requires EMS unless otherwise evident. If the need for EMS is immediately apparent, one **team captain** will go to get the Athletic Trainer, the **coach** will remain with the injured athlete, and the **assistant coach or designee** will activate EMS.
2. If there is **NO Athletic Trainer on site**, the coach will decide if the injury requires EMS. At this point, each team will follow their individual Emergency Care Plans that have been reviewed with all members of the coaching staff and those involved in the plan.
**Always consider the potential for a spinal injury before the athlete is moved.*
3. EMS should be activated for all emergencies including, but not limited to:
 - Possible back or neck injury
 - Possible heat illness or heat stroke
 - Compound or displaced fracture
 - Loss of consciousness
 - If an athlete stops breathing or has no pulse
4. **AWAY GAMES:** the host school should have their own emergency plan in place. Please note: not all schools have an Athletic Trainer/medical personnel on staff. It is the coaches' responsibility to put their Emergency Care Plan into action in the event of an injury or emergency.
5. An accident report must be filed to the NCUHS Athletic Office within 48 hours.

Directions when calling EMS:



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1. Give the following information:

- Your name
- Where you are calling from
- The number of the phone you are calling from
- What the emergency is
- What entrance to come to or directions to site

**Stay on line until the dispatcher hangs up.*

2. Have appropriate gates opened
3. Send someone to gate to guide personnel to the site of injured athlete
4. Remove bystanders and only allow first aid responders to provide care

Directions to Locations:

1. Access to **GYM** is located off Veterans Ave, through student parking lot and directly through the gate on the left side of the building (same side as the football field). Continue on driveway until the second set of double doors is reached. The gym is directly inside on the left.
2. Access to the **BASEBALL FIELD** and **FIELD HOCKEY FIELD** is through the same gate as gym access.
3. Access to the **FOOTBALL FIELD** and **TRACK** is through the gate on the left side of the student parking lot near the snack booth and bike shed.
4. Access to the **SOCCER FIELD**, **SOFTBALL FIELD**, and **TENNIS COURTS** is through Prouty Beach or off of Veterans Ave.

Weather Policies:

1. Lightning & thunder policy: NCUHS follows the policy from NFHS which states that when thunder is heard and/or lightning is seen, you must suspend play for at least 30 minutes and vacate the outdoor activity to an indoor location (the high school, nearest building, cars, or bus) immediately. Any subsequent thunder or lightning will restart the 30 minute clock.
2. [VPA Heat & Cold policies](#)

Off-site Practices/Competitions:



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All coaches who have practices and games off of NCUHS property shall prepare an Emergency Action Plan and have it filed with the Athletic Director and Athletic Trainer. Include emergency personnel, emergency communication, key holders, emergency equipment, and direction of EMS to scene.

*All teams:

- Always have your med kit at practice and games
- Always carry your team's emergency contact information
- Review lightning safety and rehearse your plan with the team
- Make a plan with the team for instances when the coach may become injured

Please sign, indicating a thorough understanding of the above information that should have been reviewed and practiced:

Sport: _____

Head Coach: _____

Assistant coach: _____

Team Captain: _____

Team Captain: _____

Date completed: _____

A copy of this completed Emergency Action Plan is to be filed with the Athletic Trainer.