

REGION #4
VRHS & JWMS
ATHLETICS

EMERGENCY ACTION PLAN

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

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Region #4 (VRHS & JWMS) Athletics Emergency Action Plan

Introduction

Valley Regional High School Athletics Emergency Action Plan provides coaches and athletic personnel with the information they need to react appropriately and efficiently when faced with a serious injury. Understanding that a serious injury can occur at any time, it is imperative that all individuals involved with our athletic programs are well versed in the protocol and procedures of dealing with an emergency. This plan explains the process along with giving specific instructions on how to deal with an emergency situation at all Valley Regional High School Athletic venues.

The health and well-being of the student athletes depends on the expedient action of those in charge. All staff that work with students will be required to familiarize themselves with this plan, taking part in any training herein.

Components of the Emergency Plan

Every emergency action plan consists of the following three components:

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment

Emergency Personnel

Typically, the first responder to an injury is a certified athletic trainer. In his/her absence, the coach in charge assumes first responder responsibilities. For that reason, all members of the coaching staff will be educated on the emergency action plan, be expected to review the EAP annually and understand what procedures should be followed. Athletic personnel may play a valuable role in providing accurate information and support. First responders will yield to the more qualified responders: police, EMT's, fire fighters, but shall not leave the athlete or scene until instructed to do so.

Athletic Personnel Responsibilities

1. Establish scene safety and immediate care of the athlete
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene

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Emergency Communication

In any emergency situation, communication will play a key role in obtaining appropriate care for the athlete in a prompt manner. With the prevalence of cell phones now, knowing the whereabouts of the nearest working landline may not seem important. Coaches will familiarize themselves with the location of a landline, in addition to having knowledge of the whereabouts of a charged, available cell phone at all venues (home and away).

Emergency contact information of all members of the team will be kept with the coach at all times. In the event of an emergency, this information should be reviewed, kept nearby and turned over to emergency medical personnel upon arrival. This form will go to the hospital with the athlete.

Activating the EMS System

Making the Call:

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- name, location , telephone number of caller
- nature of emergency, whether medical or non-medical
- number and age of the injured athletes
- condition of athlete(s)
- first aid treatment initiated by AT/Physician
- specific directions as needed to locate emergency
- other information as requested by dispatcher

Emergency Equipment

Each season the Athletic Trainer (AT) will provide to each team a medical kit that includes the supplies needed for basic first aid. Coaches are expected to have this kit with them on site at every practice and game. Kits are to be easily accessible by any member of the coaching staff. It is the responsibility of the coaching staff to ensure the kit stays stocked. When supplies are low, the kit should be left with the athletic trainer to be filled. All efforts should be made to keep students from accessing the supplies in the medical kit so a better inventory can be kept.

In the event the athletic trainer is not present, emergency medical services should be contacted and coaches should rely on the equipment they have on hand.

Coaches have all received training in Basic First Aid and CPR/AED as a condition of employment. The Athletic Trainer will carry an AED while on site. Members of the coaching staff should also be aware of the location of the AEDs on site. AEDs can be found outside of the gym/boy's locker room and outside of the nurse/athletic director's office.

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Process

All coaches, including volunteer coaches, will review this EAP annually at the pre-season coaches' meetings. Thereafter, coaches will review the emergency action plan with their staff and student-athletes.

Protocols established within this document will be reviewed annually by members of the Athletic Department, the certified athletic trainer, and the Director of Facilities. Additionally, any serious injury or critical incident will be discussed thoroughly and all action taken reviewed by the committee.

Conclusion

Understanding emergency situations may arise at any time during athletic practices and games, a little pre-planning will go a long way in getting you through a stressful situation. The timely response of those in charge could affect the outcome of the emergency. Being effective in communicating and dealing with the situation is a necessary requirement of the position.

Using detailed preparation in order to understand and implement the Emergency Action Plan, we ensure the student athletes, under our supervision, will be provided the best care when an emergency presents itself.

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IMPORTANT CONTACTS

Lewis Pappariella	Athletic Director	(office) (860) 526-5328 ext. 2570
Leslie Holmes-Meyer	Athletic Coordinator Assistant	(office) (860) 526-5328 ext. 2569
Kasey Cutler	Athletic Trainer	(office) (860) 526-5328 ext. 2571
VRHS Main Office	VRHS	(office) (860) 526-5328 ext.
Mike Barile	VRHS School Principal	(office) (860) 526-5328 ext.
Sally Riggio	VRHS Nurse	(office) (860) 526-5328 ext. 2565
JWMS Main Office	JWMS	(office) (860) 526-9546
Carolyn Gbunblee	JWMS School Principal	(office) (860) 526-9546 ext.

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IMPORTANT NUMBERS

Police & Fire- Emergency	911
Town Police- Routine Calls	(860) 526-6027
Troop F Non-Emergency	(860) 399-2100
Poison Control	1-800-222-1222
High School- Main Office	(860) 526-5328
Health Office Fax	(860) 526-9281
Deep River Ambulance	860 526 6043
Essential Human Services & Emotional/Mental Crisis	211
Middlesex Hospital 28 Crescent Street, Middletown, CT 06457 (860) 358-6000	
Middlesex Hospital- Shoreline Medical Center 250 Flat Rock Place, Westbrook, CT 06498 (860) 358-3700	
Connecticut Orthopaedics Walk-In 12 Bokum Road, Essex, CT 06498 (860) 767-0796	

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

VRHS Athletic Fields - Upper Practice Field (Field Hockey & Lax)

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to the field **access gate next to the driveway** to direct EMS/Police to the location of an injured athlete.
- 4) **Gate to the fields must be unlocked** for EMS to get to the specified field.
- 5) **Contact Athletic Trainer and Athletic Director if not on site.**
- 6) Coach in charge will present an Emergency Medical Form for an injured athlete to EMS personnel.
- 7) Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **256 Kelsey Hill Rd, Deep River, CT 06417**
- **Give Specific Directions: Follow the main entrance and turn right at the gated field. Field is directly on the right.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are (1) outside the gymnasium/boy's locker room and (2) outside of nurse/athletic director's office

Lightning/Severe Weather:

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 2) Designate an individual to monitor weather activity during contest
- 3) **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Initiate cold water immersion by the tub and water source next to the track field and call 911. Guide the EMS to come through the football practice field. The core body temperature must reach under 101°F before being transported. "Cool first, transport second."

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Emergency Action Plan

VRHS Athletic Fields- Stadium Turf Field

(Track, Soccer, Lax, Field Hockey, Unified, Cheer, Football)

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to the field **access gate next to the driveway** to direct EMS/Police to the location of an injured athlete.
- 4) **Gate to the fields must be unlocked** for EMS to get to the specified field.
- 5) **Contact the Athletic Trainer and Athletic Director, if not on site.**
- 6) Coach in charge will present an Emergency Medical Form for an injured athlete to EMS personnel.
- 7) Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **256 Kelsey Hill Rd, Deep River, CT 06417**
- **Give Specific Directions: Access to the field is directly off of Kelsey Hill Rd. Do not use the main school entrance.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are (1) outside the gymnasium/boy's locker room and (2) outside of nurse/athletic director's office

Lightning/Severe Weather:

1. AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
2. Designate an individual to monitor weather activity during contest
3. **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - i. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
4. Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Initiate cold water immersion by the tub and water source next to the track field and call 911. Guide the EMS to come through the football practice field. The core body temperature must reach under 101°F before being transported. "Cool first, transport second."

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

VRHS Athletic Fields- Football & Track/Field Practice Field

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

1. The AT/Coach will activate the emergency system- call 911 (see box below)
2. The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
3. The AT/Coach will direct assigned coaches and student-athletes to go to the field **access gate next to the driveway** to direct EMS/Police to the location of an injured athlete.
4. **Gate to the fields must be unlocked** for EMS to get to the specified field.
5. **Contact Athletic Trainer and Athletic Director if not on site.**
6. Coach in charge will present an Emergency Medical Form for an injured athlete to EMS personnel.
7. Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
8. After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **256 Kelsey Hill Rd, Deep River, CT 06417**
- **Give Specific Directions: Follow the main entrance and continue to the left to the back of the school. Take a left at the opening and follow the dirt road to the field.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are (1) outside the gymnasium/boy's locker room and (2) outside of nurse/athletic director's office

Lightning/Severe Weather:

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 2) Designate an individual to monitor weather activity during contest
- 3) **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Initiate cold water immersion by the tub and water source next to the track field and call 911. Guide the EMS to come through the football practice field. The core body temperature must reach under 101°F before being transported. "Cool first, transport second."

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

High School Gymnasium- Basketball, Volleyball, Unified, Weight Room Activities, and Indoor Rain Practices

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to the field **access gate next to the driveway** to direct EMS/Police to the location of an injured athlete.
- 4) **Gate to the fields must be unlocked** for EMS to get to the specified field.
- 5) **Contact the Athletic Trainer and Athletic Director, if not on site.**
- 6) Coach in charge will present an Emergency Medical Form for an injured athlete to EMS personnel.
- 7) Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **256 Kelsey Hill Rd, Deep River, CT 06417**
- **Give Specific Directions: Follow the main entrance. The gymnasium/weight room is located on the left-hand side of the entry hallway.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are (1) outside the gymnasium/boy's locker room and (2) outside of nurse/athletic director's office

Lightning/Severe Weather:

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 2) Designate an individual to monitor weather activity during contest
- 3) **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Initiate cold water immersion by the tub and water source next to the track field and call 911. Guide the EMS to come through the football practice field. The core body temperature must reach under 101°F before being transported. "Cool first, transport second."

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

VRHS Athletic Fields-Softball/Girls Soccer Practice

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to the field **access gate next to the driveway** to direct EMS/Police to the location of an injured athlete.
- 4) **Gate to the fields must be unlocked** for EMS to get to the specified field.
- 5) **Contact the Athletic Trainer and Athletic Director, if not on site.**
- 6) Coach in charge will present an Emergency Medical Form for an injured athlete to EMS personnel.
- 7) Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **256 Kelsey Hill Rd, Deep River, CT 06417**
- **Give Specific Directions: Follow the main entrance and continue to the left to the back of the school. Field will be on the right.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are (1) outside the gymnasium/boy's locker room and (2) outside of nurse/athletic director's office

Lightning/Severe Weather:

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 2) Designate an individual to monitor weather activity during contest
- 3) **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
 - b. Dugout is not safe during thundering/lightning according to National Weather Services.
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Initiate cold water immersion by the tub and water source next to the track field and call 911. Guide the EMS to come through the football practice field. The core body temperature must reach under 101°F before being transported. "Cool first, transport second."

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

VRHS Athletic Fields- Baseball/Multi-Purpose Turf Field

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

1. The AT/Coach will activate the emergency system- call 911 (see box below)
2. The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
3. The AT/Coach will direct assigned coaches and student-athletes to go to the field **access gate next to the driveway** to direct EMS/Police to the location of an injured athlete.
4. **Gate to the fields must be unlocked** for EMS to get to the specified field.
5. **Contact the Athletic Trainer and Athletic Director, if not on site.**
6. Coach in charge will present an Emergency Medical Form for an injured athlete to EMS personnel.
7. Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
8. After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **256 Kelsey Hill Rd, Deep River, CT 06417**
- **Give Specific Directions: Follow the main entrance and continue to the right to the back of the school. Field will be directly ahead.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are (1) outside the gymnasium/boy's locker room and (2) outside of nurse/athletic director's office

Lightning/Severe Weather:

1. AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
2. Designate an individual to monitor weather activity during contest
3. **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
 - b. Dugout is not safe during thundering/lightning according to National Weather Services.
4. Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Initiate cold water immersion by the tub and water source next to the track field and call 911. Guide the EMS to come through the football practice field. The core body temperature must reach under 101°F before being transported. "Cool first, transport second."

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

VRHS Athletic Fields-Tennis Courts

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to the field **access gate next to the driveway** to direct EMS/Police to the location of an injured athlete.
- 4) **Gate to the fields must be unlocked** for EMS to get to the specified field.
- 5) **Contact the Athletic Trainer and Athletic Director, if not on site.**
- 6) Coach in charge will present an Emergency Medical Form for an injured athlete to EMS personnel.
- 7) Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **256 Kelsey Hill Rd, Deep River, CT 06417**
- **Give Specific Directions: Follow the main entrance and continue to the right. Courts will be on the right.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are (1) outside the gymnasium/boy's locker room and (2) outside of nurse/athletic director's office

Lightning/Severe Weather:

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 2) Designate an individual to monitor weather activity during contest
- 3) **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Initiate cold water immersion by the tub and water source next to the track field and call 911. Guide the EMS to come through the football practice field. The core body temperature must reach under 101°F before being transported. "Cool first, transport second."

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

John Winthrop Middle School - Athletic Fields and Gym

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

1. The AT/Coach will activate the emergency system- call 911 (see box below)
2. The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
3. The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to the location of injured athlete(s).
4. **Contact the Athletic Trainer and Athletic Director, if not on site.**
5. Coach in charge will present an Emergency Medical Form for injured athlete(s) to EMS personnel.
6. Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital the athlete will be transported to.
7. After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **1 Winthrop Road, Deep River, CT**
- **Give Specific Directions: Follow the main path around the left hand side of the building. There will be an access gate to the fields just behind the school.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach
- Be the last one to hang up

AED Locations for this Site: There are two (2) AEDs at JWMS: (1) is outside the main office and (2) downstairs hallway

Lightning/Severe Weather:

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 2) Designate an individual to monitor weather activity during contest
- 3) **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Call 911 if a student-athlete is demonstrating signs/symptoms of exertional heat stroke.

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Flip-Flop Gymnastics

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

1. The AT/Coach will activate the emergency system- call 911 (see box below)
2. The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
3. The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to the location of the injured athlete.
4. **Contact the Athletic Trainer and Athletic Director, if not on site.**
5. Coach in charge will present an Emergency Medical Form for the injured athlete to EMS personnel.
6. Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
7. After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **455 Main St, Deep River, CT 06417**
- **Give Specific Directions: To location of emergency**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach
- Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If the Athletic Trainer is not present, please call 911 as there is no AED on site.

Lightning/Severe Weather:

- 5) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 6) Designate an individual to monitor weather activity during contest
- 7) **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
- 8) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Call 911 if a student-athlete is demonstrating signs/symptoms of exertional heat stroke.

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Black Hall Club (Golf)

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

1. The AT/Coach will activate the emergency system- call 911 (see box below)
2. The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
3. The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to the location of the injured athlete.
4. **Contact the Athletic Trainer and Athletic Director, if not on site.**
5. Coach in charge will present an Emergency Medical Form for injured athletes to EMS personnel.
6. Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
7. After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **47 Buttonball Rd, Old Lyme, CT 06371**
- **Give Specific Directions: To location of emergency**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach
- Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If the Athletic Trainer is not present, the closest AED locations are (1) in the Black Hall Golf Course Clubhouse.

Lightning/Severe Weather:

- 9) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 10) Designate an individual to monitor weather activity during contest
- 11) **First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
- 12) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Call 911 if a student-athlete is demonstrating signs/symptoms of exertional heat stroke.

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Bushy Hill Pond (Crew)

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

8. The AT/Coach will activate the emergency system- call 911 (see box below)
9. The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
10. The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to the location of the injured athlete.
- 11. Contact the Athletic Trainer and Athletic Director, if not on site.**
12. Coach in charge will present an Emergency Medical Form for injured athletes to EMS personnel.
13. Coach in charge will initiate contact with the parent/guardian (if not present), give them the name of the hospital athlete will be transported to.
14. After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **253 Bushy Hill Rd, Deep River, CT 06417 (Incarnation Center - Main Camp)**
- **Give Specific Directions: To location of emergency. See map marked with specific locations****
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach
- Be the last one to hang up

AED Locations for this Site:

The Athletic Trainer will carry an AED while on site. If the Athletic Trainer is not present, the closest AED locations are (1) at the Main Lodge (indicated on the map)

Lightning/Severe Weather:

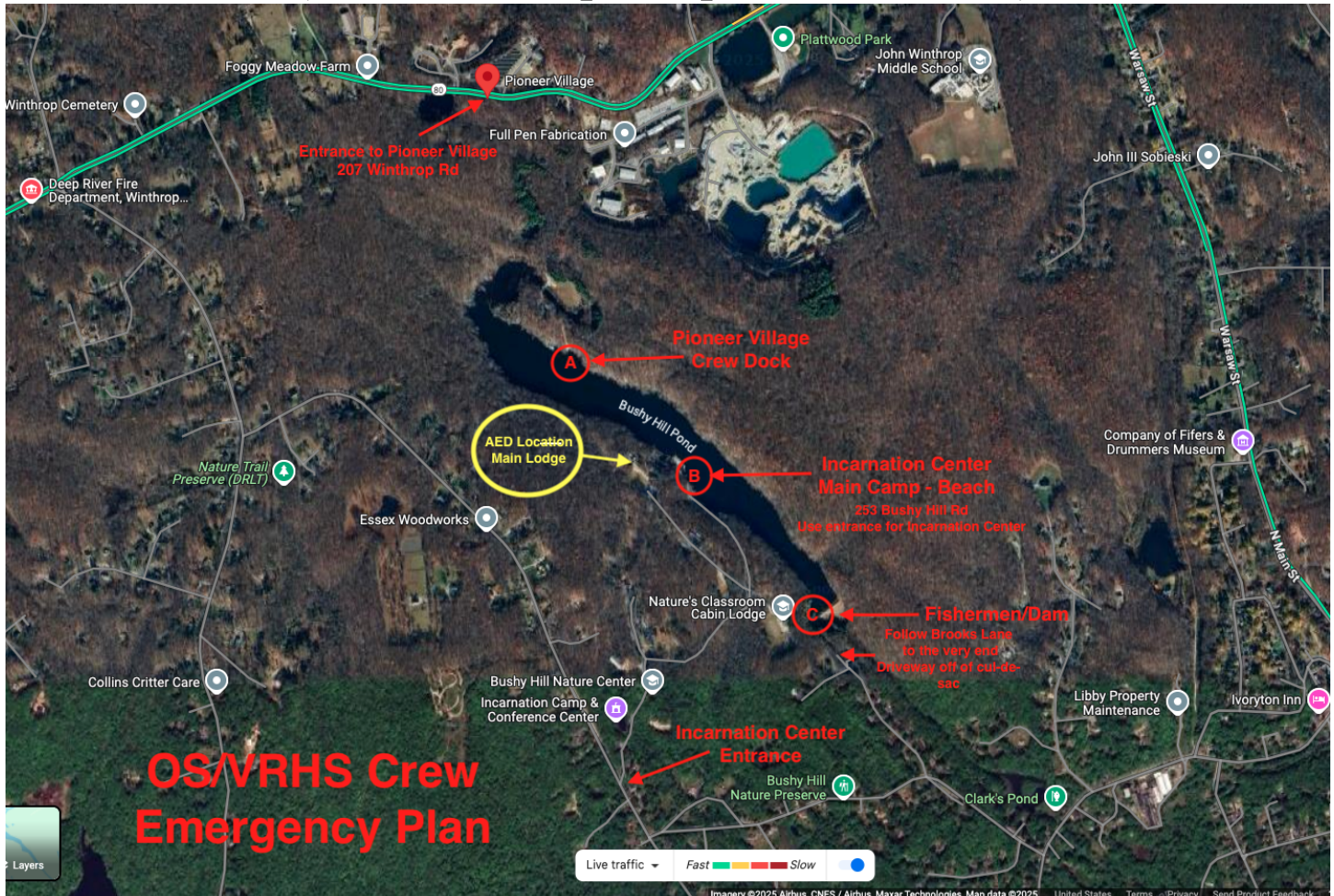
- 13) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 14) Designate an individual to monitor weather activity during contest
- 15) First sign of thunder or lightning, all participants and spectators should seek shelter.**
 - a. "When Thunder Roars, Go Indoors". If necessary, buses if on site.
- 16) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Exertional Heat Stroke: Call 911 if a student-athlete is demonstrating signs/symptoms of exertional heat stroke.

Region #4 (VRHS & JWMS) Athletics Emergency Action Plan

Bushy Hill Pond (Crew)

(**Detailed map for specific directions)



Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Injury Action Plan for dealing with Concussions

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

*Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

If you suspect that a player has a concussion:

1. Immediately remove the athlete from play and seek evaluation from the covering Certified Athletic Trainer (AT).
2. If there is NO AT present, observe the athlete for signs and symptoms of a concussion:

Signs Observed by Coach	Symptoms reported by athlete
● Player appears dazed and sometimes with vacant stare ● General confusion ● Athlete forgets plays ● Player seems disoriented ● Player seems overly emotional (laughing, crying) ● Player demonstrates balance issues and difficulty standing or walking ● Loss of Consciousness---CALL 911 ● Changes in normal behavior/personality ● Repetitive speech or delayed speech ● Vomiting by athlete	● Headache ● Nausea ● Balance Problems or dizziness ● Double/blurred vision ● Sensitivity to light/noise ● Feeling very fatigued ● Feeling “foggy” ● Concentration/memory problems ● Irritability ● Sadness ● Feeling more emotional

*(based on the National Federation of High School Associations’ Sports Medicine Handbook, Third Edition)

3. If any of the signs/symptoms listed above are reported/observed, the athlete is not to return to play. If unsure, keep the athlete out until he/she is evaluated by a medical professional.
If an athlete loses consciousness, call 911 immediately!
4. Notify the athlete’s parents/guardians of the possible concussion within 24 hours of the incident. Advise the athlete/parents to follow up with the athletic trainer the following day and to seek emergency medical attention should the condition worsen.
5. Notify the AT about the injury and fill out an Accident Report documenting the injury. This will have to be given to the Athletic Office or Nurses the next day.
6. **NO athlete is to return to play without being cleared by their doctor and then the AT. A specific return to play protocol is required prior to return to unrestricted play.**

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Injury Action Plan for dealing with Asthma

- Coaches should be aware and have a list of all athletes who have a history of asthma and exercise induced asthma.
- All athletes with asthma who require the use of an inhaler should be instructed to carry their inhaler with them at ALL times.
 - If the athlete has self-carry orders on file with the High School nurse's office, the athlete may keep their medication with them for athletic events.
 - If the athlete is not able to self-carry medication, the Athletic Trainer will coordinate with coaches to determine appropriate handling of the medication during athletic events.

Signs and Symptoms of Acute Flare-Ups:

- Wheezing or spastic coughing
- Complaints of chest tightness or discomfort
- Rapid heart rate
- Rapid/shallow breathing
- Tripod positioning (leaning over with hands on knees)
- Blue lips/fingernails: if SEVERE

In the event of an Acute Flare-up:

1. Immediately remove the athlete from play and place the athlete in a seated position, leaning forward slightly.
2. Keep the athlete calm and instruct to take deep breaths.
3. Obtain the athlete's inhaler medication and give it to the athlete to self-administer. DO NOT HAVE ATHLETE USE ANOTHER ATHLETE'S INHALER. If the athlete does not have an inhaler with them then go to step 5.
4. Only help the athlete should he/she have difficulty with self-administration.

Proper Use of an Inhaler:
a. Remove cap and hold inhaler upright
b. Shake the inhaler
c. Instruct athlete to tilt head back slightly and exhale through the mouth
d. Instruct athlete to put mouth around the opening of the inhaler insuring a seal
e. Instruct the athlete to push down once on the inhaler while inhaling deeply
f. Instruct athlete to hold breath for about 10 seconds to get the medication down into the lungs
g. Dosage may be repeated only as directed by the athlete's physician

*(based on the National Federation of High School Associations' Sports Medicine Handbook, Third Edition)

5. Encourage the athlete to breathe "in through the nose, out through the mouth".
 - a. Instruct the athlete to breathe in through the nose for a count of 2
 - b. Instruct the athlete to then breathe out slowly through the mouth for a count of 4 concentrating on using the abdominal muscles to contract while exhaling.
6. Emergency Care is required if the following signs occur:
 - a. Athlete has increased breathing difficulty (hunched over, gasping for air, cessation of breathing)
 - b. Lips or fingernails turn blue or gray
7. Notify the athlete's parents should the athlete's condition not improve with inhaler administration or emergency care is needed. Encourage the athlete to follow up with the athletic trainer upon return to school following the incident.
8. Notify the AT about the incident and fill out an Accident Report documenting the injury. This will have to be given to the Athletic Office or Nurses the next day.
9. NO athlete is to return to play without being cleared by their doctor (if emergency care required) and then the AT.

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Injury Action Plan for dealing with Anaphylactic Shock

- Coaches should be aware and have a list of all athletes who have a history of allergies which require the use of an EPI-PEN.
- All athletes with a severe allergy who require the use of an EPI-PEN should be instructed to carry their EPI-PEN with them at ALL times.
 - If the athlete has self-carry orders on file with the High School nurse's office, the athlete may keep their medication with them for athletic events.
 - If the athlete is not able to self-carry medication, the Athletic Trainer will coordinate with coaches to determine appropriate handling of the medication during athletic events.

Signs and Symptoms of Anaphylactic Shock:

- Skin reactions including hives and itching, flushed or pale skin (almost always present with anaphylaxis)
- Constriction of the airways and a swollen tongue or throat, which can cause wheezing and trouble breathing
- A weak and rapid pulse
- Nausea, vomiting or diarrhea
- Dizziness or fainting

*(taken from "Anaphylaxis" from www.mayoclinic.com)

In the event of a Suspected Anaphylactic Shock Emergency:

1. Obtain an athlete's prescribed EPI-PEN and give it to the athlete for self-administration. Do not administer EPI-PEN for the athlete.
2. Notify the covering AT of athlete's status
3. **Call 911**—Inform the dispatcher that you have an athlete going into anaphylactic shock.
4. Notify the athlete's parents of the incident. Follow the Emergency Action Plan specific to the activity location.
5. Notify the AT about the incident and fill out an Accident Report documenting the injury. This will have to be given to the Athletic Office or Nurses the next day.
6. NO athlete is to return to play without being cleared by their doctor and then the AT.

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Injury Action Plan for dealing with Heat Illness

- Prevention of heat illness begins with aerobic conditioning, which provides partial acclimatization to the heat. Student athletes should be exposed to hot and/or humid environment conditions **gradually over a week** to achieve acclimatization.
- In extreme temperatures and conditions all attempts should be made to practice at cooler times of the day.
- Hydration should be maintained during training with multiple breaks an hour placed into the schedule.

Signs and Symptoms of Heat Illness:

Heat Exhaustion

- Profound weakness
- Exhaustion
- Dizziness/fainting
- Muscle cramping
- Treatment
 - Rest in cool, shaded environment
 - Fluids
 - Student athletes should not be allowed to practice or compete for the remainder of that day

Heatstroke

- Very high body temperature, rectal temperature of $\geq 104^{\circ}\text{F}$
- Hot, dry skin, which indicates failure of the body to cool itself.
- Possible seizure or coma
- Treatment
 - **Call 911** – Follow Emergency Action Plan for specific location
 - Remove all equipment and excess clothing.
 - Cool the athlete as quickly as possible within 30 minutes via whole body ice water immersion (place them in a tub/stock tank with ice and water approximately $35\text{--}58^{\circ}\text{F}$); stir water and add ice throughout the cooling process. The tub is located next to the water source by the track field.
 - If immersion is not possible (no tub or no water supply), take the athlete to a shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible.
 - Maintain airway, breathing and circulation.
 - Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure, monitor CNS status.
 - If rectal temperature is not available, **DO NOT USE AN ALTERNATE METHOD** (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat.
 - Cease cooling when rectal temperature reaches $101\text{--}102^{\circ}\text{F}$ ($38.3\text{--}38.9^{\circ}\text{C}$).
 - Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion or aggressive whole body cold water dousing) was initiated within 10 minutes of collapse.
 - **Cool before transporting**

Protocol

1. Notify the athlete's parents of the incident.
2. Notify the AT about the incident and fill out an Accident Report documenting the injury. This will have to be given to the Athletic Office or Nurses the next day.
3. NO athlete is to return to play without being cleared by their doctor and then the AT.

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Injury Action Plan for dealing with Cardiac Emergency

- Coaches should be aware and have a list of all athletes who have a history of cardiac conditions.
- Conditions involving the cardiopulmonary system should be referred to a Medical Doctor immediately.

In the event of a Cardiac Emergency:

1. Treatment of emergency cardiopulmonary conditions should be handled within the guidelines set by the American Red Cross, American Heart Association or other organization with approved CPR/AED/First Aid Guidelines.
2. If condition is acute:
 - a. Activate EMS
 - b. Treat following your level of training under the standards for CPR and AED guidelines.
 - c. Follow the audio and written instructions on the AED device.
3. Notify the athlete's parent/guardian immediately.
4. Notify the AT/AD about the incident and fill out an Accident Report documenting the injury.
5. NO athlete is to return to play without being cleared by their doctor and the AT.

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Injury Action Plan for dealing with Spinal Cord Injury

In the event of a Cervical Spine or Suspected Spinal Cord Injury:

1. Determine level of consciousness
 - a. If UNCONSCIOUS:
 - Assume cervical spine injury and immobilize head and spine
 - Activate EMS.
 - If a helmet sport, remove facemask only. (If appropriate and safe to do so)
 - Perform rescue breathing or CPR if indicated.
 - Set up AED if needed or possible
 - b. If CONSCIOUS:
 - Immobilize head and spine
 - Check for head injury
 - Activate EMS if injury is suspected.
 - If a helmet sport, remove facemask only. (If appropriate and safe to do so)
2. Notify the athlete's parent/guardian immediately.
3. Notify the AT/AD about the incident and fill out an Accident Report documenting the injury.
4. NO athlete is to return to play without being cleared by their doctor (if emergency care required) and the AT.

Region #4 (VRHS & JWMS) Athletics

Emergency Action Plan

Injury Action Plan for dealing with a Mental Health Crisis/Emergency

- A mental health crisis is any situation in which a person's behavior puts them at risk of hurting themselves or others and prevents them from being able to care for themselves or function effectively in the community.
 - Anyone can experience a mental health crisis. They can occur in people without a diagnosed mental health condition.
- A mental health emergency refers to a situation where an athlete's mental health condition poses an immediate threat to their safety or the safety of others.

In the event of a Mental Health Crisis/Emergency:

- If the athlete is having a mental health crisis, **call 211** for help
 - 211 is a free, confidential information and referral service that connects people to essential health and human services 24 hours a day, 7 days a week, online and over the phone.
- If the athlete is having a mental health crisis, **call or text 988** or visit 988lifeline.org to talk with someone.
 - The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.
- **Call 911** if the athlete is in immediate danger or in need of immediate emergency assistance.

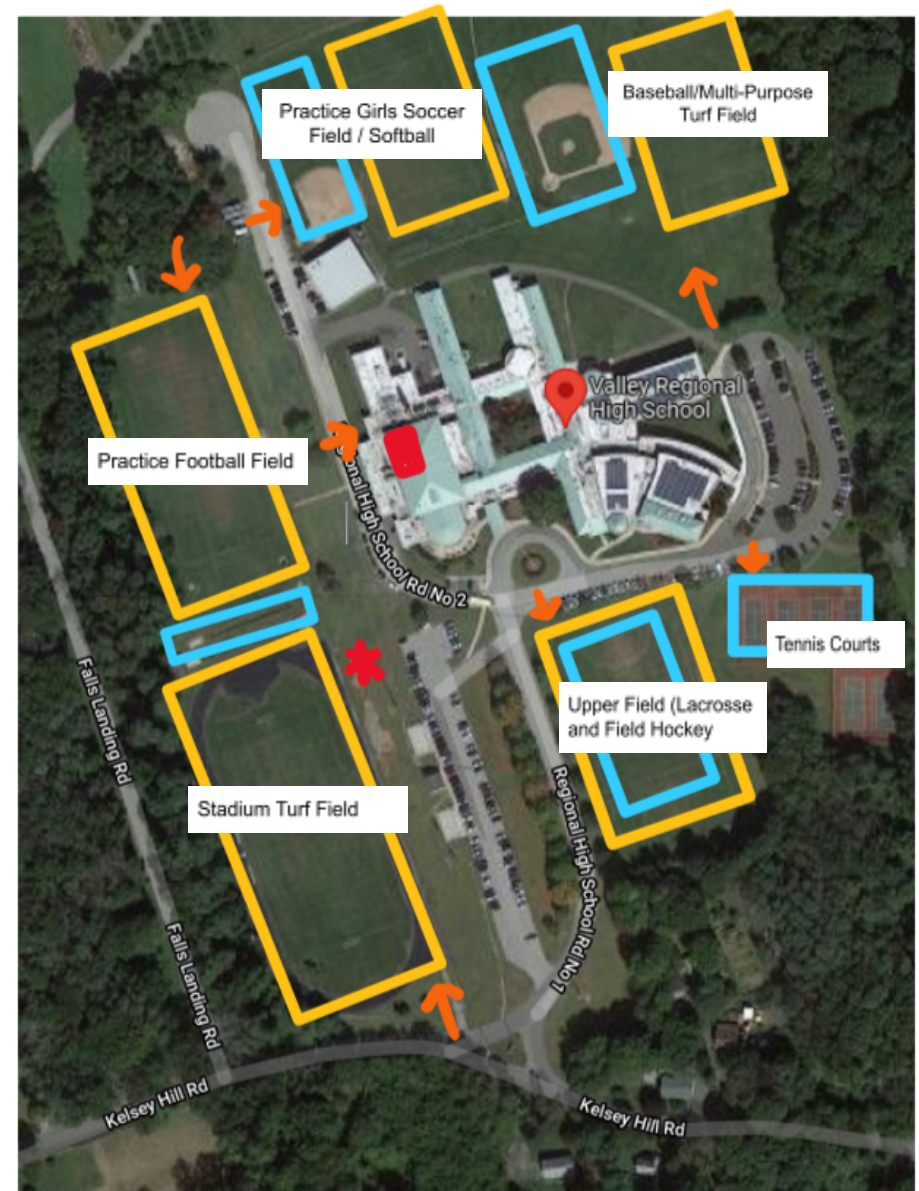
Region #4 (VRHS & JWMS) Athletics Emergency Action Plan

Appendix A. Maps of VRHS Fields

Symbol Key

★ = location of AED





FALL SPORTS

SPRING SPORTS

ENTRANCE FOR AMBULANCE ↓

GYM *Outdoor water source and a cold tub

Revised 3/28/2025