

Century Athletics **Emergency Action Plan**

Century High School
355 Ronsdale RD
Sykesville, MD 21784
410-386-4413

INTRODUCTION

The purpose of the emergency action plan (EAP) is to guide athletic personnel, emergency medical services, and other involved persons in responding appropriately in the event of an emergency situation. An emergency situation is one that includes, but is not limited to, cervical spinal injury, cardiac issues, respiratory issues, concussions and closed head injuries, fractures and other major orthopedic injuries, open wounds, eye injuries, cold stresses, heat stresses, and severe weather from outdoor facilities.

EMERGENCY PERSONNEL

Certified Athletic Trainers (ATC's) are employed to provide leadership in the healthcare of the student-athlete, including the emergency management of injuries/illnesses during varsity and junior varsity athletic participation, under the direct supervision of the school's team physician. There should be at least one trained individual at all practices, competitions, conditioning sessions, and skill sessions. Appropriate emergency first aid steps must be taken in accordance with the level of certification that each trained member of the emergency care team has. The ATC, if present at the scene of the injury, will always be head of command. In absence of the ATC, the coaches, staff supervisors of game management, and any athletic training aides that are trained and maintain certifications in first aid, CPR, and prevention of disease transmission (blood borne pathogens) will respond to the emergency.

EMERGENCY CONTACTS

There are phones located in the classrooms inside of the school. In the event that an emergency happens outside, cell phones are carried by the ATC, coaches, athletic staff, and even spectators, if necessary. The following is a list of important phone numbers needed in the case of an emergency:

- Ashley Greene, MSAT, LAT, ATC.....(270) 820-7784
- Ashley Hoyt, Athletic Director.....(802) 345-1951
- School nurse.....(443) 324-5233
- Main office.....(410) 386-4413
- Poison control..... (800) 222-1222
- EMS/Fire/Police.....911
 - If 911 is called, please inform the athletic director and athletic trainer **IMMEDIATELY!**

EMERGENCY CARE

Apply basic emergency care that is most appropriate for the situation. Care might include:

1. Check for any life-threatening conditions
 - a. Level of consciousness – if unconscious, call 911 immediately!
 - b. Airway – is the airway blocked?
 - c. Breathing – is the student-athlete breathing?
 - d. Circulation – does the student-athlete have a pulse?
 - e. Bleeding – is the student-athlete bleeding severely?
2. Call 911 now, if necessary, make sure to give the following information:
 - a. Remain calm – this will help the operator in receiving vital information
 - b. Dial 911
 - c. “My name is (name), I am the (position/job) at Century High School”
 - d. “I need (EMS/fire/police) at the school. The address is 355 Ronsdale Road, Westminster, MD 21784”
 - e. “There is a (male/female) athlete with a (type/condition of injury)”
 - i. Make sure to give as many details as you can about the athlete including name, age, allergies, health concerns/conditions, etc.
 - f. Mention what type of care is being provided to the injured athlete
 - g. Give specific directions to the scene of the emergency, and send someone (coach, staff, athletic training aide) to help guide EMS to the scene.
 - i. Directions to various sports locations are provided at the end of this EAP
 - h. Provide any other information requested by the operator and ALWAYS BE THE LAST PERSON TO HANG UP FROM THE CALL!
3. Call and notify parents if time permits
4. Reassess the injured individual and administer appropriate first aid. Continue to treat ABC's as warranted. Monitor for any change or deterioration in status
5. Apply basic first aid as situation requires
 - a. Adult CPR: 30 compressions then 2 breaths, repeat until EMS arrives
 - b. Bleeding: apply direct pressure over injury, elevate over heart if possible, apply sterile dressing over wound
 - c. Spine/neck injury: if suspected, prevent any movement of head, neck, or spine through manual stabilization until EMS arrives
6. Inform AD and ATC, if not present, and document what occurred, and personnel involved
7. If you are alone, follow the above sequence only after each step has been completed and the individual's condition is stable

EMERGENCY EQUIPMENT

All emergency equipment will be provided by ATC or EMS. All teams will be provided with their own stocked medical kit with the necessary equipment to perform basic first aid and CPR. All coaches will receive a brief medical history for each athlete through Family ID sent by Athletic Trainer.

As required by state law, an automatic external defibrillator (AED) will be provided on-site and located within a brief walk from an athletic practice or event on school property. An AED must also be freely accessible during all school functions. All members of the coaching staff must be trained in the operation and use of an AED, and a trained member of the coaching staff must be present at all athletic practices and events on school property.

List and Location of Emergency Equipment

| | |
|--|---|
| AED | <ul style="list-style-type: none">• Athletic training room• Orange/red AED bag with ATC at practices/home events• Orange/red AED bag with Athletic Director in gator• Outside Cafe |
| CPR Masks | <ul style="list-style-type: none">• Each team's med kit• Orange/red AED bag |
| Blood Pressure Cuff/Stethoscope | <ul style="list-style-type: none">• ATC med kit |
| Air Splints/SAM Splints/Vacuum Splints | <ul style="list-style-type: none">• Athletic training room• ATC med kit• Big red bag in ATC gator |
| Crutches | <ul style="list-style-type: none">• Athletic training room• Black crutch bag in ATC gator |
| First Aid/Medical Kits | <ul style="list-style-type: none">• Each team given a med kit at the beginning of the season is to be kept at every practice, game, etc.• Provided by ATC |
| Epi-pens/Narcan | <ul style="list-style-type: none">• Both items in ATC's med kit• Both items in AD's AED |

DOCUMENTATION

All actions and treatment pertaining to an emergency situation should be recorded on a standardized form. These forms, titled "Carroll County Public Schools: Accident Report," are inside of the medical kits given to each team and the ATC has some in their own med kit. In the event of an emergency, the ATC on site will be responsible for filling out this emergency form. In the absence of the ATC, the coach/staff member involved will fill out the form. The report should be filled out with as much information as possible, then returned to ATC.

ENVIRONMENTAL CONDITIONS


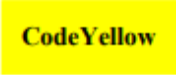


Lightning:

In the case of lightning, the lightning detection system will sound. When lightning is detected through our Earth Networks/WeatherBug system in the area, all activities, practices, and games shall be terminated at that time, and everyone is to be cleared from the practice area or stadium. Activities can resume when the area has been clear of lightning and/or thunder for 30 min. During an athletic event, game officials should delay or terminate a game upon them seeing lightning or hearing thunder. All school administrators and personnel should delay or terminate all activities and practices upon seeing lightning or hearing thunder. ATC, athletic director, and coaches should receive text messages for lightning detection and clearance of lightning.

Heat:

Carroll County has created guidelines regarding practices and games during elevated temperatures in order to prevent heat-related illnesses. Below are the guidelines:

Game/Practice Restrictions Due to Heat

| <u>Heat Index Reading</u> | <u>Color/Code</u> | <u>Restriction</u> |
|---------------------------|---|---|
| 105 + |  Code Red | Danger! Discontinue regular practice. All outside athletic events are to be cancelled. Practice indoors if possible. |
| 95-104 |  Code Yellow | Extreme Caution! <i>Modify</i> practice with frequent (required) water breaks. Games/events may continue with mandatory official time outs midway through quarters. Provide a water stop (mandatory) midway in cross country meets. Observe athletes carefully for signs of heat injuries. Make sure all athletes drink water. |
| 84-94 |  Code Green | Warning. Provide a mandatory 10 minutes rest per 45 minutes of activity, Water is to be available to athletes at all times. |
| Below 83 |  Code Blue | No restrictions. Water is to be available at all times. Monitor the heat index for increases. |

ATC, athletic director, and coaches should receive text messages for elevated temperature codes

Heat issues can be a problem during the summer preseason practices. The ATC and coaches should be current on the following conditions and be able to treat ill or injured athlete(s) accordingly. Some signs and symptoms of heat injuries are:

- Heat cramps – dehydration, thirst, sweating, muscle cramps, fatigue
 - Immediate treatment: hydration, stretching, massage
- Heat syncope (fainting) – dehydration, fatigue, tunnel vision, pale or sweaty skin, decreased pulse rate, dizziness, lightheadedness, fainting
 - Immediate treatment: elevate legs, move to shade or AC, monitor HR and BP
- Heat exhaustion – normal to elevated temperature, dehydration, dizziness, lightheadedness, fainting, headache, nausea, diarrhea, decreased urine output, persistent muscle cramps, pale skin, profuse sweating, chills, cool/clammy skin, intestinal cramps, urge to defecate, weakness, hyperventilation
 - Immediate treatment: shade or ACE, remove excessive equipment/clothes, elevate feet, rehydrate if no nausea, monitor HR, BP, CNS status and core temperature
- Heat stroke – high core body temperature, central nervous system changes, dizziness, drowsiness, irrational behavior, confusion, irritability, emotional instability, hysteria, apathy, aggressiveness, delirium, disorientation, staggering, seizures, loss of consciousness, coma, dehydration, hot and wet or dry skin, fast heartbeat, low blood pressure, hyperventilation, vomiting, diarrhea
 - Immediate treatment: cool athlete in any way possible – this can be life-threatening! A cold water immersion tub is available and located at Century High school and will be filled with ice and water to allow for rapid cooling. This is a MEDICAL EMERGENCY – call 911 immediately!

All members of the coaching staff must be trained in cold water immersion, and a trained member of the coaching staff must be present at all athletic practices and events on school property.

Cold:

Cold conditions are a possibility for the end of season fall sports and beginning of season spring sports. Aside from wearing appropriate clothing and layering, it is recommended that the practices be limited due to cold weather based on a combination of wind and temperature (wind chill). The following guidelines have been set to protect the athletes from cold injury:

- 32-25 degrees – limit practice to 60 minutes. The team should go inside and re-warm for 15 minutes then return to outside practice for another 60 minutes
- 25-15 degrees – limit practice to 45 minutes. The team should go inside and re-warm for 15 minutes then return to the outside for up to an additional 45 minutes
- 15-0 degrees – limit practices to 30 minutes. Then should go inside to re-warm for 15 minutes then return outside for up to an additional 30 minutes.
- If there is precipitation along with wind chill/temperatures of 32 degrees and below, there should be NO practice outside

The ATC and coaches should be current on the following conditions and be able to treat ill or injured athlete(s) accordingly. Some signs and symptoms of cold injuries are:

- Frostnip – white/waxy skin, numbness; typically affects cheeks, earlobes, fingers, and toes
 - Immediate treatment: warm slowly, no rubbing
- Frostbite – white skin, “wooden” feel to affected area, numbness, possible anesthesia
 - Immediate treatment: warm slowly, no rubbing
- Hypothermia – shivering, loss of function, slurred speech, dazed, irrational behavior, pale skin, dilated pupils, decreased pulse
 - Immediate treatment: move them indoors/somewhere warm, remove any cold or wet clothing, wrap in warm blankets/clothing/towels making sure to warm the head and torso, give warm fluids to drink
 - Monitor for signs or altered mental status, if any occur this becomes a MEDICAL EMERGENCY – call 911 immediately

Emergency Action Plan Site: Athletic Training Room

ADDRESS: 355 Ronsdale RD, Sykesville MD 21784

SPECIFIC DIRECTIONS: **From Linton Road, to Ronsdale.** Once on Ronsdale take the third left turn entrance into Century High School. Drive parallel to the side of the building, towards the Tennis Courts. Proceed towards and park at entrance 28.

From Klem Mills Road, to Ronsdale. Once on Ronsdale take the first right turn entrance into Century High School. Drive parallel to the side of the building, towards the Tennis Courts. Proceed towards and park at entrance 28.

Have someone outside at the appropriate entrance so EMS know when to turn, at the point of EMS entry after parking, and someone holding the door entrance 28 and the training room.

AED LOCATION: Athletic Training Room

COLD WATER IMMERSION LOCATION: Football Locker Room

| | |
|---|---|
| Who provides primary care to the athlete? | ATC, if present, will always be head of command |
| Who provides primary care if the ATC is not present? | Any person certified in first aid, CPR, and prevention of disease transmission (ie: coaches, school staff, or athletic training aides) |
| Location of Medical Kit | Team med kits are in the possession of the coach, and should be taken to the location of each practice/game by team personnel |
| Where are Accident Reports? | Inside filing cabinet |
| Who calls EMS? | IF ATC is immediately available, activating EMS should be their decision. IF the ATC is not immediately available, the coaching staffs needs to call EMS in the event of an emergency |
| Which emergency facility will the athlete be transported? | Carroll Hospital (unless otherwise requested) |
| Who notifies parents that athlete is being transported to emergency facility? | Athletic Trainer/head coach |
| Who manages the rest of the team while injured athlete is cared for? | Coaching staff not directly involved with care of athlete |
| Who opens doors/directs EMS? | Assistant coach or designated team member |
| Who will notify school administration? | Athletic Trainer or coach |
| Who will follow up with the parents? | Athletic Trainer |
| Who will document the injury? | Athletic Trainer |
| Who speaks to parents and media in event of catastrophic injury? | School administration |

Emergency Action Plan Site: The Castle Stadium/Track

ADDRESS: 355 Ronsdale RD, Sykesville MD 21784

SPECIFIC DIRECTIONS: **From Linton Road, to Ronsdale.** Once on Ronsdale take the first Left turn entrance into Century High School. Drive behind the building, towards the stadium, enter through Emergency Vehicle Field Access point, next to the red cold storage building in front of the Stadium. Follow road to field gate entrance.

From Klem Mills Road, to Ronsdale. Once on Ronsdale take the third right turn entrance into Century High School. Drive behind the building, towards the stadium, enter through Emergency Vehicle Field Access point, next to the red cold storage building in front of the Stadium. Follow road to field gate entrance.

Have someone outside at the appropriate entrance so EMS know when to turn, at the Emergency Vehicle Field Access point, and at the field gate entrance.

AED LOCATION: With ATC or Athletic Director

COLD WATER IMMERSION LOCATION: Stadium, next to Booster Concession, between Men’s and Women’s restrooms.

| | |
|---|---|
| Who provides primary care to the athlete? | ATC, if present, will always be head of command |
| Who provides primary care if the ATC is not present? | Any person certified in first aid, CPR, and prevention of disease transmission (ie: coaches, school staff, or athletic training aides) |
| Location of Medical Kit | Team med kits are in the possession of the coach, and should be taken to the location of each practice/game by team personnel |
| Where are Accident Reports? | Inside med kits |
| Who calls EMS? | IF ATC is immediately available, activating EMS should be their decision. IF the ATC is not immediately available, the coaching staffs needs to call EMS in the event of an emergency |
| Which emergency facility will the athlete be transported? | Carroll Hospital (unless otherwise requested) |
| Who notifies parents that athlete is being transported to emergency facility? | Athletic Trainer/head coach |
| Who manages the rest of the team while injured athlete is cared for? | Coaching staff not directly involved with care of athlete |
| Who opens doors/directs EMS? | Assistant coach or designated team member |
| Who will notify school administration? | Athletic Trainer |
| Who will follow up with the parents? | Athletic Trainer |
| Who will document the injury? | Athletic Trainer |
| Who speaks to parents and media in event of catastrophic injury? | School administration |

**Emergency Action Plan Site: FH Practice & Game Field/Girls Soccer Practice/ Lacrosse Practice
Field/Baseball Field**

ADDRESS: 355 Ronsdale RD, Sykesville MD 21784

SPECIFIC DIRECTIONS: **From Linton Road, to Ronsdale.** Once on Ronsdale take the first left turn entrance into Century High School. Drive behind the building, towards the stadium, take a right and park near loading dock/tennis courts.

From Klem Mills Road, to Ronsdale. Once on Ronsdale take the third right turn entrance into Century High School. Drive behind the building, towards the stadium, take a right and park near Stadium entrance near loading dock/tennis courts

Have someone outside at the appropriate entrance so EMS know when to turn and at the point of EMS entry once parked

AED LOCATION: With ATC or Athletic Director

COLD WATER IMMERSION LOCATION: Stadium, next to Booster Concessions, Between Men's and Women's restrooms

| | |
|---|---|
| Who provides primary care to the athlete? | ATC, if present, will always be head of command |
| Who provides primary care if the ATC is not present? | Any person certified in first aid, CPR, and prevention of disease transmission (ie: coaches, school staff, or athletic training aides) |
| Location of Medical Kit | Team med kits are in the possession of the coach, and should be taken to the location of each practice/game by team personnel |
| Where are Accident Reports? | Inside med kits |
| Who calls EMS? | IF ATC is immediately available, activating EMS should be their decision. IF the ATC is not immediately available, the coaching staffs needs to call EMS in the event of an emergency |
| Which emergency facility will the athlete be transported? | Carroll Hospital (unless otherwise requested) |
| Who notifies parents that athlete is being transported to emergency facility? | Athletic Trainer/head coach |
| Who manages the rest of the team while injured athlete is cared for? | Coaching staff not directly involved with care of athlete |
| Who opens doors/directs EMS? | Assistant coach or designated team member |
| Who will notify school administration? | Athletic Trainer |
| Who will follow up with the parents? | Athletic Trainer |
| Who will document the injury? | Athletic Trainer |
| Who speaks to parents and media in event of catastrophic injury? | School administration |

Emergency Action Plan Site: Softball Field/Football Practice

ADDRESS: 355 Ronsdale RD, Sykesville MD 21784

SPECIFIC DIRECTIONS: **From Linton Road, to Ronsdale.** Once on Ronsdale take the first left turn entrance into Century High School. Drive behind the building, towards the stadium, take left by the red cold storage shed, entrance marked in blue, follow road to softball field bleachers.

From Klem Mills Road, to Ronsdale. Once on Ronsdale take the third right turn entrance into Century High School. Drive behind the building, towards the stadium, take left by the red cold storage shed, entrance marked in blue, follow the road to the softball field bleachers.

Have someone outside at the appropriate entrance so EMS know when to turn, by the blue Emergency Vehicle Field Access Point, and at the bleachers to direct specific location.

AED LOCATION: With ATC or Athletic Director

COLD WATER IMMERSION LOCATION: Stadium, next to Booster Concessions, Between Men's and Women's restrooms

| | |
|---|---|
| Who provides primary care to the athlete? | ATC, if present, will always be head of command |
| Who provides primary care if the ATC is not present? | Any person certified in first aid, CPR, and prevention of disease transmission (ie: coaches, school staff, or athletic training aides) |
| Location of Medical Kit | Team med kits are in the possession of the coach, and should be taken to the location of each practice/game by team personnel |
| Where are Accident Reports? | Inside med kits |
| Who calls EMS? | IF ATC is immediately available, activating EMS should be their decision. IF the ATC is not immediately available, the coaching staffs needs to call EMS in the event of an emergency |
| Which emergency facility will the athlete be transported? | Carroll Hospital (unless otherwise requested) |
| Who notifies parents that athlete is being transported to emergency facility? | Athletic Trainer/head coach |
| Who manages the rest of the team while injured athlete is cared for? | Coaching staff not directly involved with care of athlete |
| Who opens doors/directs EMS? | Assistant coach or designated team member |
| Who will notify school administration? | Athletic Trainer |
| Who will follow up with the parents? | Athletic Trainer |
| Who will document the injury? | Athletic Trainer |
| Who speaks to parents and media in event of catastrophic injury? | School administration |

Emergency Action Plan Site: Boys Soccer/Boys Lacrosse Practice Field

ADDRESS: 375 Ronsdale Rd, Sykesville MD 21784

SPECIFIC DIRECTIONS: **From Linton Road, to Ronsdale.** Once on Ronsdale, take first left into Linton Springs Elementary School. Proceed to the back of the parking lot, towards the fields, you can see goals from afar. Follow parking lot until the end.

From Klem Mills Road, to Ronsdale. Once on Ronsdale. take the first right turn into Linton Springs Elementary School. Proceed to the back of the parking lot, towards, the fields, you can see goals from afar. Following parking lot until the end.

Have someone outside at the appropriate entrance so EMS know when to turn and at the point of EMS entry after parking.

AED LOCATION: With ATC or Athletic Director

COLD WATER IMMERSION LOCATION: Stadium, next to Booster Concessions, Between Men’s and Women’s restrooms

| | |
|---|---|
| Who provides primary care to the athlete? | ATC, if present, will always be head of command |
| Who provides primary care if the ATC is not present? | Any person certified in first aid, CPR, and prevention of disease transmission (ie: coaches, school staff, or athletic training aides) |
| Location of Medical Kit | Team med kits are in the possession of the coach, and should be taken to the location of each practice/game by team personnel |
| Where are Accident Reports? | Inside med kits |
| Who calls EMS? | IF ATC is immediately available, activating EMS should be their decision. IF the ATC is not immediately available, the coaching staffs needs to call EMS in the event of an emergency |
| Which emergency facility will the athlete be transported? | Carroll Hospital (unless otherwise requested) |
| Who notifies parents that athlete is being transported to emergency facility? | Athletic Trainer/head coach |
| Who manages the rest of the team while injured athlete is cared for? | Coaching staff not directly involved with care of athlete |
| Who opens doors/directs EMS? | Assistant coach or designated team member |
| Who will notify school administration? | Athletic Trainer |
| Who will follow up with the parents? | Athletic Trainer |
| Who will document the injury? | Athletic Trainer |
| Who speaks to parents and media in event of catastrophic injury? | School administration |

Emergency Action Plan Site: Tennis Courts

ADDRESS: 355 Ronsdale RD, Sykesville MD 21784

SPECIFIC DIRECTIONS: **From Linton Road, to Ronsdale.** Once on Ronsdale take the third Left turn entrance into Century High School. Drive parallel to the side of the building, towards the Tennis Courts. Proceed toward the end of the parking lot near Tennis Courts.

From Klem Mills Road, to Ronsdale. Once on Ronsdale take the first right turn entrance into Century High School. Drive parallel to the side of the building, towards the Tennis Courts. Proceed toward the end of the parking lot, park at Tennis Courts.

Have someone outside at the appropriate entrance so EMS know when to turn and at the point of EMS entry after parking.

AED LOCATION: With ATC or Athletic Director

COLD WATER IMMERSION LOCATION: Stadium, next to Booster Concessions, Between Men’s and Women’s restrooms or Football locker room

| | |
|---|---|
| Who provides primary care to the athlete? | ATC, if present, will always be head of command |
| Who provides primary care if the ATC is not present? | Any person certified in first aid, CPR, and prevention of disease transmission (ie: coaches, school staff, or athletic training aides) |
| Location of Medical Kit | Team med kits are in the possession of the coach, and should be taken to the location of each practice/game by team personnel |
| Where are Accident Reports? | Inside med kits |
| Who calls EMS? | IF ATC is immediately available, activating EMS should be their decision. IF the ATC is not immediately available, the coaching staffs needs to call EMS in the event of an emergency |
| Which emergency facility will the athlete be transported? | Carroll Hospital (unless otherwise requested) |
| Who notifies parents that athlete is being transported to emergency facility? | Athletic Trainer/head coach |
| Who manages the rest of the team while injured athlete is cared for? | Coaching staff not directly involved with care of athlete |
| Who opens doors/directs EMS? | Assistant coach or designated team member |
| Who will notify school administration? | Athletic Trainer |
| Who will follow up with the parents? | Athletic Trainer |
| Who will document the injury? | Athletic Trainer |
| Who speaks to parents and media in event of catastrophic injury? | School administration |

Emergency Action Plan Site: Main Gym/Auxiliary Gym

ADDRESS: 355 Ronsdale RD, Sykesville MD 21784

SPECIFIC DIRECTIONS: **From Linton Road, to Ronsdale.** Once on Ronsdale, take the third left turn entrance into Century High School. Drive parallel to the side of the building, towards the Tennis Courts. Proceed towards and park at entrance 30A.

From Klem Mills Road, to Ronsdale. Once on Ronsdale take the first right turn entrance into Century High School. Drive parallel to the side of the building, towards the Tennis Courts. Proceed toward and park at entrance 30A.

Have someone outside at the appropriate entrance so EMS know when to turn, at parking point at “student entrance”, and at the doors of the 30A entrance and gym door entrance.

AED LOCATION: With ATC, Athletic Director, or on the wall next to Café.

COLD WATER IMMERSION LOCATION: Training room

| | |
|---|---|
| Who provides primary care to the athlete? | ATC, if present, will always be head of command |
| Who provides primary care if the ATC is not present? | Any person certified in first aid, CPR, and prevention of disease transmission (ie: coaches, school staff, or athletic training aides) |
| Location of Medical Kit | Team med kits are in the possession of the coach, and should be taken to the location of each practice/game by team personnel |
| Where are Accident Reports? | Inside med kits |
| Who calls EMS? | IF ATC is immediately available, activating EMS should be their decision. IF the ATC is not immediately available, the coaching staffs needs to call EMS in the event of an emergency |
| Which emergency facility will the athlete be transported? | Carroll Hospital (unless otherwise requested) |
| Who notifies parents that athlete is being transported to emergency facility? | Athletic Trainer/head coach |
| Who manages the rest of the team while injured athlete is cared for? | Coaching staff not directly involved with care of athlete |
| Who opens doors/directs EMS? | Assistant coach or designated team member |
| Who will notify school administration? | Athletic Trainer |
| Who will follow up with the parents? | Athletic Trainer |
| Who will document the injury? | Athletic Trainer |
| Who speaks to parents and media in event of catastrophic injury? | School administration |

Emergency Action Plan Site: Weight Room/Wrestling Room

ADDRESS: 355 Ronsdale RD, Sykesville MD 21784

SPECIFIC DIRECTIONS: From Linton Road, to Ronsdale. Once on Ronsdale, take the third left turn entrance into Century High School. Drive parallel to the side of the building, towards the Tennis Courts. Proceed towards and park at entrance 28.

From Klem Mills Road, to Ronsdale. Once on Ronsdale take the first right turn entrance into Century High School. Drive parallel to the side of the building, towards the Tennis Courts. Proceed toward and park at entrance 28.

Have someone outside at the appropriate entrance so EMS know when to turn, at parking point at “student entrance”, and at the doors of the 28 entrance and room doors

AED LOCATION: With ATC, Athletic Director, or on the wall next to Café.

COLD WATER IMMERSION LOCATION: Training room

| | |
|---|---|
| Who provides primary care to the athlete? | ATC, if present, will always be head of command |
| Who provides primary care if the ATC is not present? | Any person certified in first aid, CPR, and prevention of disease transmission (ie: coaches, school staff, or athletic training aides) |
| Location of Medical Kit | Team med kits are in the possession of the coach, and should be taken to the location of each practice/game by team personnel |
| Where are Accident Reports? | Inside med kits |
| Who calls EMS? | IF ATC is immediately available, activating EMS should be their decision. IF the ATC is not immediately available, the coaching staffs needs to call EMS in the event of an emergency |
| Which emergency facility will the athlete be transported? | Carroll Hospital (unless otherwise requested) |
| Who notifies parents that athlete is being transported to emergency facility? | Athletic Trainer/head coach |
| Who manages the rest of the team while injured athlete is cared for? | Coaching staff not directly involved with care of athlete |
| Who opens doors/directs EMS? | Assistant coach or designated team member |
| Who will notify school administration? | Athletic Trainer |
| Who will follow up with the parents? | Athletic Trainer |
| Who will document the injury? | Athletic Trainer |
| Who speaks to parents and media in event of catastrophic injury? | School administration |

Abbreviated Emergency Action Plan

Century High School
355 Ronsdale RD
Sykesville, MD 21784

INTRODUCTION

The purpose of the Emergency Action Plan (EAP) is to guide athletic personnel, emergency medical services, and other involved persons in responding appropriately in the event of an emergency situation.

EMERGENCY CONTACTS

Ashley Greene, MSAT, LAT, ATC.....(270) 820-7784
Ashley Hoyt, Athletic Director.....(802) 345-1951
Century HS Main Office.....(410) 386-4413
EMS/Fire/Police.....911

EMERGENCY CARE – apply basic emergency care that is most appropriate for the situation, including:

1. Check for any life-threatening conditions:
 - a. Level of consciousness – if unconscious, call 911 immediately
 - b. Airway, breathing, circulation, bleeding – provide basic first aid for a minor injury
 - c. If you suspect a head, neck, or spine injury, DO NOT MOVE THE ATHLETE OR REMOVE ANY HELMETS OR EQUIPMENT UNLESS INSTRUCTED TO DO SO
2. If 911 needs to be called, please use the following to provide information
 - a. “My name is (NAME), the (POSITION) at Century High School. I need (EMS/FIRE/POLICE) at (LOCATION – high school or an off-campus site). The address is (ADDRESS)
 - b. “There is a (MALE/FEMALE) athlete with a (TYPE/CONDITION OF INJURY).” The operator will ask questions about the athlete including age, sport, allergies, etc. Provide as much as you know. Be sure to provide what type of care is being provided to the athlete.
 - c. Give specific directions to the scene of the emergency and send someone (coach, staff, parent, etc.) to guide EMS once they arrive to the school
 - d. ALWAYS BE THE LAST PERSON TO HANG UP FROM THE CALL!
3. If necessary, treat for shock, monitor vitals, and wait for EMS to arrive. Apply basic first aid as the situation requires
 - a. Adult CPR: 30 compressions then 2 breaths, repeat until EMS arrives
 - b. Bleeding: apply direct pressure over injury, elevate injury over heart if possible, apply sterile dressing over
 - c. Spine/neck injury: if suspected, prevent any movement of head, neck, or spine through manual stabilization until EMS arrives

Coaches will receive emergency links of athletes from Family ID with specific medical information