

EMERGENCY ACTION PLAN

Francis T. Maloney High School

Department of Athletics



**FRANCIS T. MALONEY
HIGH SCHOOL**



ORTHOPEDICS - SPINE - SPORTS MEDICINE

Maloney High School Athletics Emergency Action Plan

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Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the student athlete. The development and implementation of an Emergency Action Plan (EAP) will help ensure that the best care will be provided. There are a variety of emergency situations that can surface during sport. As emergencies may occur at any time and during any activity, all staff who work with student-athletes must be prepared.

Emergency Personnel

A certified athletic trainer (AT) is often the first responder to an injury. In his or her absence, any athletics personnel in charge assumes first responder responsibilities. Therefore, they are required to maintain certification in cardiopulmonary resuscitation (CPR), first aid, and automated external defibrillator (AED) as well as review and rehearse EAP with the student athletes. Copies of training certificates and/or cards should be maintained by the athletic director.

Specific roles of first responders include:

- Establish scene safety and immediate care of the student-athlete
- Activate Emergency Medical Services (Call 911)
- Retrieve equipment (AED, EpiPen, Rescue Inhalers, etc) and emergency Forms
- Direction of EMS to the scene:
 - By anyone who has keys to locked gates/doors that could guide the ambulance as they arrive at the scene.
 - May guide the rest of the student-athletes to stand in a line from the entrance of the venue to the site of the emergency to guide the ambulance.
- Documentation and debriefing
 - The first responder must fill out the accident report immediately following activation of the EAP.
 - The athletics department must discuss the event within 48 hours and evaluate the effectiveness of the EAP.

Emergency Communications

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
 - Specific directions to locate the emergency scene (i.e. “use the main entrance to the school off of Gravel street. The gym is located straight ahead”)
 - Send a designated person to the main street to wait for the ambulance.
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the parents or guardian.
6. Contact the athletic trainer and athletic director.

Medical Emergency Transportation

Any emergency situation where there is loss of consciousness (LOC), impairment of airway, breathing, or circulation (ABCs), or a neurovascular compromise should be considered a “load and go” situation. Emphasis is placed on rapid evaluation, treatment, and proper transportation. Any emergency personnel who experience doubt in their mind regarding the severity of the situation should consider a “load and go” situation and transport the individual.

Non-Medical Emergencies

For non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to Maloney High School Crisis Management Procedures and follow instructions (Rev. 12/8/21)

Emergency Equipment

1. Automatic External Defibrillator (AED)
 - a. AED #1: Located next to the Athletic Director's office
 - b. AED #2 (Phillips in Red Box): Portable with Athletic Trainer
 - c. AED #3 (Defibtech in Black Bag): Outdoors by the concession stand
 - d. AED #4 (Defibtech in Red Bag): Falcon Field
 - e. AED #5: In the nurse's office
2. Team's Medical Kit
 - a. Each Team should bring their own medical kit with them at all times. The medical kit contains various first aid supplies, including tapes, bandaids, gauze, gloves, CPR masks, wound wash, etc.
3. Emergency Forms (FinalForms records)
 - a. Emergency forms contain critical health history and emergency contact information. The head coach will keep the forms with them at all practices and competitions. The head coach will give the forms to EMS in case of a medical emergency.
4. Athletic Trainer's Medical Kit
 - a. Located with AT for all covered events, including splints, tourniquets, tooth saver, and equipment removal tools.
5. Nearest Phone
 - a. Athletic Trainer's personal cell phone will be on their person while covering all events.
 - b. Coaches should have their personal cell phones on their person at practice and games
6. Emergency medications (Rescue inhalers, EpiPen, etc)
 - a. Coaches are responsible for ensuring that student-athletes with medical conditions bring their prescribed medications to every practice and game, according to CIAC guidelines.
 - b. Coaches must instruct student-athletes to communicate the location of their medication to the coaching staff.
7. Cold water immersion tub
 - a. The tub is stored in the concession stand and the football locker room.

Emergency Telephone Numbers

This list is only to be used in case of an emergency.

Off-Site Contacts	Phone Number
Emergency	911
Meriden Police Department	203-238-1911
Fire Department	203-235-2537
Midstate Medical Center (ER)	203-694-8212
Hunter's Ambulance (ER)	203-235-3369
Dr. Jordan Gruskay (Team Physician)	203-407-3583

On-Site Contacts	Office Number
Athletic Trainer	203-238-2334 ext 8138
Nurse	203-238-2334 ext 8407
Athletic Director	203-238-2334 ext 8121
Principal	203-238-2334 ext 8310
Assistant Principal	203-238-2334 ext 8312

Emergency Action Plan Implementation and Compliance

Connecticut Public Act No. 21-92 requires all local, regional, and private schools to develop and implement a site-specific Emergency Action Plan (EAP) to respond to serious and life-threatening sports-related injuries occurring during interscholastic or intramural athletic events, effective July 1, 2022.

To comply with this act, the Athletic Trainer will **review and rehearse the EAP** with each team at the beginning of every season. Coaches and student-athletes will be educated on their role in an emergency and prepared to assist as needed. A printed copy of the site-specific EAP will be posted at each athletic venue, and a digital copy will also be posted on the school athletics website.

In addition to the requirements of the act, the following procedures have been adopted to strengthen the implementation of the EAP:

- A printed copy of the site-specific EAP will be kept in each medical kit and with the head coach at every practice and competition.
- All stipend coaches must sign the **Confirmation of Staff Education** form (Appendix A) at the start of each season to confirm they have received, read, and understood the EAP and have had the opportunity to ask questions.

Inclement Weather Conditions

The Athletic Trainer, Athletic Director, and all coaching staff are responsible for monitoring the weather report before all practices and competitions. The following chain of command governs decisions to modify the athletics schedule due to inclement weather:

1. Athletic Trainer
2. Athletic Director
3. Head Coach

Lightning and Thunderstorms

All coaching staff are recommended to download a lightning-tracking app, such as *My Lightning Tracker & Alerts*, available for free on the Google Play Store and the Apple App Store. In the app settings, alerts can be configured to notify users when lightning is detected nearby.

- When lightning is detected within **15 miles**, the coaching staff for outdoor sports must be notified of a potential schedule change.
- When lightning is detected within **10 miles**, all outdoor activities must be postponed immediately.
- When lightning is detected within **6 miles**, all safety procedures must be completed.
- Outdoor activities may resume **30 minutes** after the last detected lightning strike, or when no lightning has been detected within 15 miles for at least 30 consecutive minutes.

In the event of lightning, all individuals must move to a safe location immediately.

Safe locations	Inside the building, cars and school buses
Unsafe locations	Turf, grass field, baseball field, softball field, tennis courts, parking lots, inside the dugouts or shed, near trees and fences

If a person is struck by lightning, call 911 immediately. Lightning strike victims do not carry an electrical charge and can be safely touched. Begin emergency care at once and follow the Emergency Action Plan protocol.

Extreme heat

The **Wet Bulb Globe Temperature (WBGT)** accounts for temperature, humidity, sunlight, and wind, and is the most accurate measure of heat stress on the body. All activity modifications will follow the Connecticut Interscholastic Athletic Conference (CIAC) guidelines based on WBGT value measured by **the Kestrel 5400 Heat Stress Tracker**.

Category 2	Activity Guidelines
< 79.7	Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
79.9 - 84.6	Use discretion for intense or prolonged exercise. Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
84.7 - 87.6	Maximum practice time is 2 hours. Football: players are restricted to helmet, shoulder pads, and shorts during practice. All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
87.8 - 89.6	Maximum practice time is 1 hour. For Football: No protective equipment during practice and no conditioning activities. For All Sports: Mandatory 20 min of rest breaks distributed throughout the hour of practice.
> 89.8	No outdoor workouts. Delay practice until a cooler WBGT is reached.

The cold water immersion tub must be set up at the outdoor concession stand before the start of any practice or competition when there is a risk of heat illness (Appendix B). Cold water immersion is the gold standard treatment for exertional heat stroke and has been shown to significantly reduce the risk of death and serious injury when applied rapidly. Exertional heat stroke is a life-threatening injury. When in doubt, call 911 and initiate cooling. The core body temperature must reach below 101°F before transporting with the EMS (Cool first, transport second).

Injury Action Plan

Sudden Cardiac Arrest		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Loss of consciousness ● Agonal breathing ● Absence of heartbeat ● Absence of breathing 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● Get AED ● Start CPR (30 compressions and 2 breaths) ● Count 30 as in “ONE one thousand, TWO one thousand...”) ● Apply AED as soon as possible

Head and Neck Injury		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Loss of consciousness ● Numbness and tingling ● Loss of sensation ● Loss of movement ● Pain and tenderness on the neck 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● DO NOT MOVE THE ATHLETE until EMS takes over ● Stay with the athlete and monitor the symptoms

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Concussion		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Loss of consciousness ● Vomiting ● Pupils unequal in size ● Severe headache/dizziness ● Loss of movement/sensation ● Neck pain and tenderness ● Seizure 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● Do not return the athlete to participation on the same day
<p>In accordance with Connecticut Public Act 14-66, any student-athlete who is suspected of sustaining a concussion during practice or competition must be removed from activity immediately and may not return to play on the same day. If the student athlete is diagnosed with a concussion, they must complete the return-to-play protocol.</p>		

Exertional Heat Stroke		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Core body temperature is higher than 104°F. ● Changes in personality/behaviors ● Confusion ● Loss of consciousness 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● Initiate cold water immersion immediately ● Reduce core body temperature below 101°F before transporting with the EMS

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Asthma		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Wheezing ● Difficulty breathing ● Unable to finish a sentence ● Chest pain 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● Help the athlete self-administer the inhaler

Anaphylaxis		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Skin reactions ● Swollen tongue or throat ● Wheezing and trouble breathing ● Nausea or vomiting ● Diarrhea ● Dizziness ● Loss of consciousness 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● Help the athlete self-administer the Epi-Pen

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Diabetes		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Confusion or drowsiness ● Hunger ● Profuse sweating ● Clammy skin ● Loss of consciousness 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● Provide sugar or food

Opioid overdose		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Pinpoint eyes (pupils constricted) ● Loss of consciousness ● Agonal breathing ● Pale/blue/gray skin and finger tips ● Confusion 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● Administer Narcan if available ● Get AED ● Start CPR if no sign of heartbeat

Seizure		
CHECK	CALL	CARE
<ul style="list-style-type: none"> ● Involuntary muscle contraction ● Vomiting ● Loss of consciousness 	<ul style="list-style-type: none"> ● Call 9-1-1 	<ul style="list-style-type: none"> ● Put them in a recovery position (lying on their side) ● Do not put objects in their mouth ● Do not restrain them

Site-specific EAP

- Large Gymnasium
- Small Gymnasium
- Weight Room
- Cardio Room
- Swimming pool
- Turf Field
- Football Practice Field (Grass)
- Tennis Courts
- Baseball/Soccer Field
- Ceppa Field (Baseball Games)
- Falcon Field (Game Field for Soccer, Football, Lacrosse)
- Dunn Sports Complex (Softball)
- North End Field (Softball)
- Hubbard Park (Cross Country Meet)
- Hunter's Golf Course

LARGE GYMNASIUM

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
 - “The address is 121 Gravel Street.”**
 - “Use the main entrance by the bus loop.”**
 - “A designated person will be waiting for the ambulance on Gravel Street.”**
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the parents or guardian.
6. Contact the athletic trainer and athletic director.

- The nearest AED is located next to the athletic director's office.

SMALL GYMNASIUM

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
“The address is 121 Gravel Street, Meriden.”
“A designated person will be waiting for the ambulance on Gravel Street.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- The nearest AED is located next to the athletic director's office.

WEIGHT ROOM

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
“The address is 121 Gravel St, Meriden.”
“A designated person will be waiting for the ambulance on Gravel Street.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- The nearest AED is located next to the athletic director's office.

CARDIO ROOM

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
 - “The address is 121 Gravel St, Meriden.”**
 - “The cardio room is located on the second floor.”**
 - “A designated person will be waiting for the ambulance on Gravel Street.”**
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- The nearest AED is located next to the athletic director's office.

SWIMMING POOL

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
 - “The address is 121 Gravel St, Meriden.”**
 - “The entrance to the swimming pool is located at the back of the building.”**
 - “A designated person will be waiting for the ambulance on Gravel Street.”**
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- The nearest AED is located next to the athletic director's office on the first floor, between the cafeteria and the gym.

TURF AND TRACK FIELD

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
 - “The address is 121 Gravel St, Meriden.”**
 - “The turf field is located at the back of the building.”**
 - “Use the entrance next to the tennis courts.”**
 - “A designated person will be waiting for the ambulance on Gravel Street.”**
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- **Location of the AED**
 - Fall and Spring: next to the outdoor concession stand
 - Winter: next to the athletic director's office
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go indoors.
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Heat illness**
 - If suspecting exertional heat stroke, call 911 and initiate cold water immersion at the concession stand.
 - The core body temperature must be below 101°F before transport.
“Cool first, transport second.”

FOOTBALL PRACTICE FIELD (GRASS)

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location

“The address is 121 Gravel St, Meriden.”
“Use the entrance next to the tennis courts.”
“A designated person will be waiting for the ambulance on Gravel Street.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- **Location of the AED**
 - Fall and Spring: next to the outdoor concession stand
 - Winter: next to the athletic director's office
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go indoors.
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Heat illness**
 - If suspecting exertional heat stroke, call 911 and initiate cold water immersion at the concession stand.
 - The core body temperature must be below 101°F before transport.
“Cool first, transport second.”

TENNIS COURTS

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location

“The address is 121 Gravel St, Meriden.”
“A designated person will be waiting for the ambulance on Gravel Street.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- **Location of the AED**
 - Fall and Spring: next to the outdoor concession stand
 - Winter: next to the athletic director's office (Room 138)
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go indoors.
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Heat illness**
 - If suspecting exertional heat stroke, call 911 and initiate cold water immersion at the concession stand.
 - The core body temperature must be below 101°F before transport.
“Cool first, transport second.”

BASEBALL / SOCCER FIELD

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location

“The address is 121 Gravel St, Meriden.”
“Use the entrance next to the tennis courts.”
“A designated person will be waiting for the ambulance on Gravel Street.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- **Location of the AED**
 - Fall and Spring: next to the outdoor concession stand
 - Winter: next to the athletic director's office (Room 138)
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go indoors.
 - **DUGOUTS ARE NOT SAFE DURING LIGHTNING.**
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Heat illness**
 - If suspecting exertional heat stroke, call 911 and initiate cold water immersion at the concession stand.
 - The core body temperature must be below 101°F before transport.
“Cool first, transport second.”

FALCON FIELD

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location

“The address is 200 Westfield Road.
“Emergency vehicles should enter from Westfield Road.”
“A designated person will be waiting for the ambulance on Westfield Road.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- **Location of the AED**
 - By the concession stand during the fall and spring athletics season
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go inside the locker rooms, Washington Middle School, or the concession building.
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Heat illness**
 - If suspecting exertional heat stroke, call 911 and initiate cold water immersion
 - The core body temperature must be below 101°F before transport.
“Cool first, transport second.”

HUBBARD PARK

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
 - “The address is 999 West Main Street.”
 - “Start / Finish line is located at the bandshell (Half shell).”
 - “A designated person will be waiting for the ambulance by the entrance.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- **Location of the AED**
 - A member of the Athletics Department will carry a portable AED.
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go inside the locker rooms, Washington Middle School, or the concession building.
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Heat illness**
 - If suspecting exertional heat stroke, call 911 and initiate cold water immersion
 - The core body temperature must be below 101°F before transport.
“Cool first, transport second.”

CEPPA FIELD (BASEBALL GAMES)

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location
 - “The address is 81 Gale Avenue.”**
 - “Use the main entrance off of Gale Avenue.”**
 - “A designated person will be waiting for the ambulance by the entrance.”**
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- **Location of the AED**
 - A member of the Athletics Department will carry a portable AED.
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go indoors.
 - **DUGOUTS ARE NOT SAFE DURING LIGHTNING.**
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Exertional heat stroke**
 - Call 911 and initiate cold water immersion.
 - The core body temperature must reach under 101°F before being transported. “Cool first, transport second.”

WILLIAM E. DUNN SPORTS COMPLEX

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 1. Location
 - “The address is 402 Thorpe Avenue.”**
 - “Use the entrance off of Thorpe Avenue.”**
 - “A designated person will be waiting for the ambulance by Thorpe Avenue.”**
 - Field 1 (JV Field / Pinwheel): “Take right at the top of the hill.”**
 - Field 5 (Varsity Field /Championship Field): “Take a left at the top of the hill.”**
 2. Description of the emergency
 3. Condition of the student-athlete
 4. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- **Location of an AED**
 - A member of the Athletics Department will carry a portable AED.
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go indoors.
 - **DUGOUTS ARE NOT SAFE DURING LIGHTNING.**
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Exertional heat stroke**
 - Call 911 and initiate cold water immersion.
 - The core body temperature must reach under 101°F before being transported. “Cool first, transport second.”

NORTH END FIELD

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location

“The address is 234 Britannia Street.”
“A designated person will be waiting for the ambulance.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact the athletic trainer and athletic director.
6. Contact the parents or guardian.

- A member of the Athletics Department will carry a portable AED.
- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go indoors or inside the school buses.
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Exertional heat stroke**
 - Call 911 and initiate cold water immersion.
 - The core body temperature must reach under 101°F before being transported. “Cool first, transport second.”

HUNTER'S GOLF COURSE

ACTIVATING EMERGENCY MEDICAL SERVICES

1. Call 9-1-1
2. Provide information
 - a. Location

“The address is 688 Westfield Road.”
“A designated person will be waiting for the ambulance by the entrance.”
 - b. Description of the emergency
 - c. Condition of the student-athlete
 - d. Other information requested by the dispatcher
3. BE THE LAST ONE TO HANG UP.
4. Retrieve the student-athlete's emergency form for EMS.
5. Contact Pro Shop #203-634-3366 to help guide EMS to the location.
6. Contact the parents or guardian.
7. Contact the athletic trainer and athletic director.

- **Lightning**
 - Outdoor activities will be postponed when lightning is within 10 miles, or immediately upon seeing lightning or hearing thunder, whichever occurs first.
 - Seek shelter immediately. Go inside Pro Shop, Clubhouse, or maintenance building between hall #12 and #16.
 - Outdoor activities will be resumed 30 minutes after the last thunder or lightning.
- **Exertional heat stroke**
 - Call 911 and initiate cold water immersion.
 - The core body temperature must reach under 101°F before being transported. “Cool first, transport second.”

Appendix

- A. Staff Education Confirmation
- B. Setting up the cold water immersion tub
- C. Map of Maloney Campus
- D. Falcon Field
- E. Hubbard Park
- F. Ceppa Field
- G. William E. Dunn Sports Complex
- H. Hunter's Golf Course

A. Confirmation of Staff Education

I have read and understand the Emergency Action Plan for Maloney High School. I understand my roles and responsibilities should an emergency occur in my presence.

I have also rehearsed this Emergency Action Plan and understand my role in an emergency, both with and without an Athletic Trainer present. I have been given the opportunity to ask all questions and have received the proper answers to my questions.

I also understand that I must keep my CPR/AED and First Aid Certifications up to date and that it is my responsibility to ensure a lapse does not occur. I am also aware that I must be trained in concussion management and it is my responsibility to ensure a lapse does not occur.

NAME _____

TITLE _____

SPORT _____

DATE _____

SIGNATURE _____

B. Setting Up The Cold Water Immersion Tub

1. The coaching staff for outdoor sports must carry the outdoor key that opens the outdoor concession stand and the bathrooms. If the door key doesn't seem to work, turn the lock itself to adjust.
2. The tub, the hose, and the faucet key are located inside the concession stand.
3. Turn the faucet key counterclockwise to turn on the water.



C. Map of Maloney Campus

KEY

Main Entrance

Gates

Primary Vehicle Access to Fields

Secondary Vehicle Access to Fields

121 Gravel Street

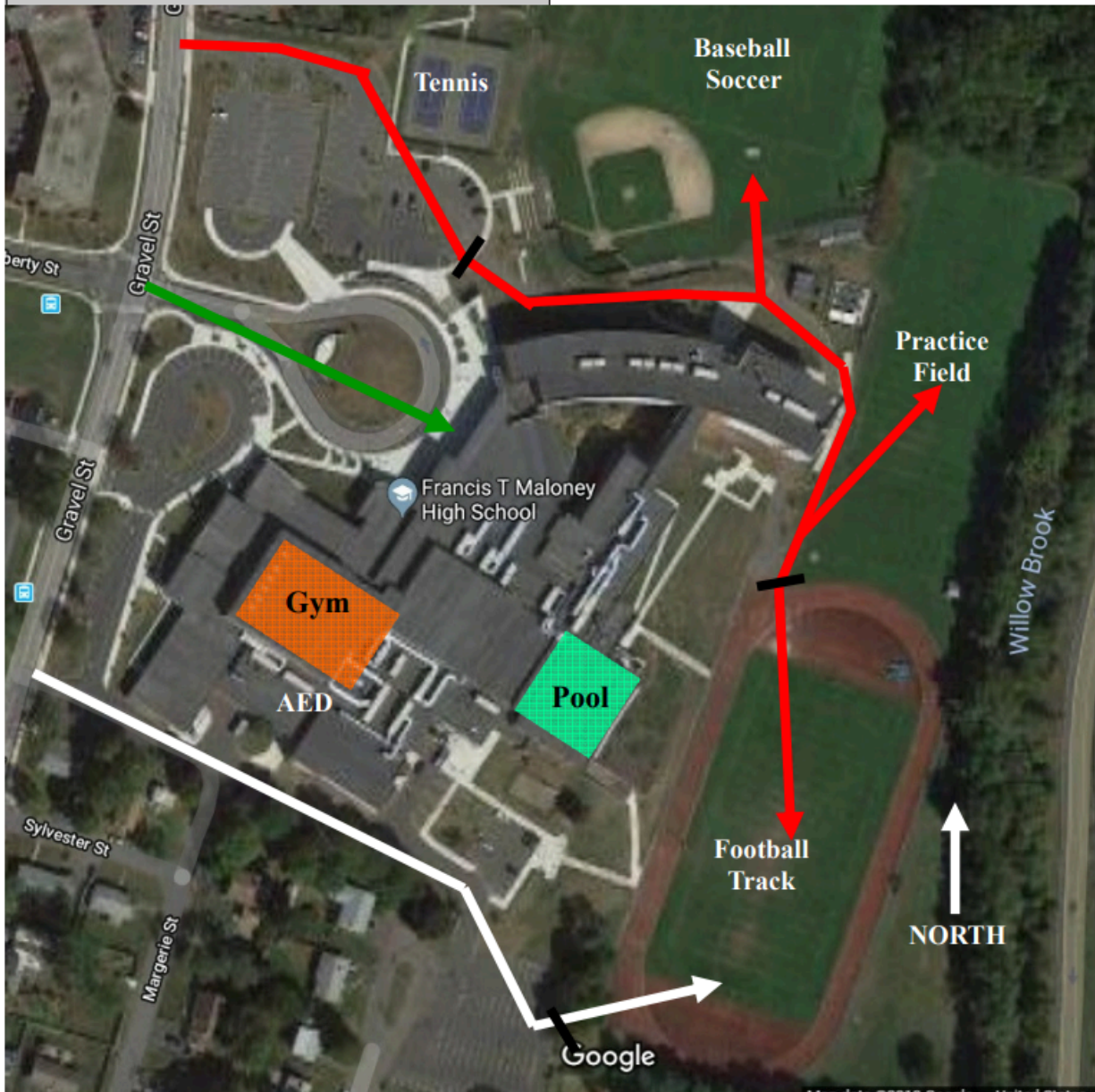
Nearest Cross Street: Gravel and Liberty

Latitude: N 41° 31' 54"

Longitude: W 72° 46' 20"

Access Points and Entrances: Main Entrance, Pool Entrance, Track Entrance, Primary & Secondary Vehicle Entrance to lower fields

Emergency Shelter: school building; NOT IN POOL AREA



D. Falcon Field

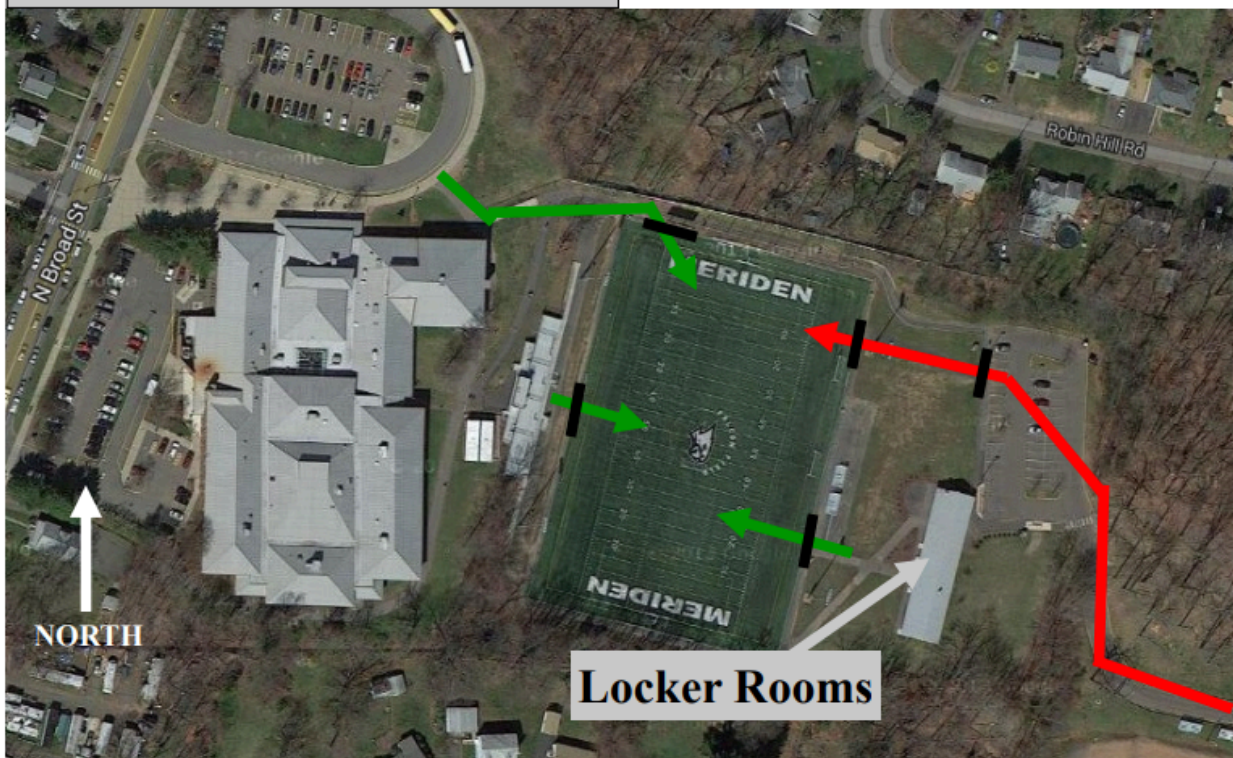
1225 North Broad Street (Washington MS)
Emergency vehicles should enter from Westfield Road
Nearest Cross Street: Westfield Road and Fols Avenue
Latitude: N 41° 33' 4"
Longitude: W 72° 46' 41"
Access Points and Entrances: Westfield Road
Emergency Shelter: locker rooms or Washington MS

KEY

Entrances

Gates

Vehicle Access to Fields



E. Hubbard Park

987 West Main Street (closest address)

Nearest Cross Street: West Main and Hubbard Park Drive

Latitude: N 41° 32' 49"

Longitude: W 72° 49' 59"

Access Points and Entrances: West Main Street

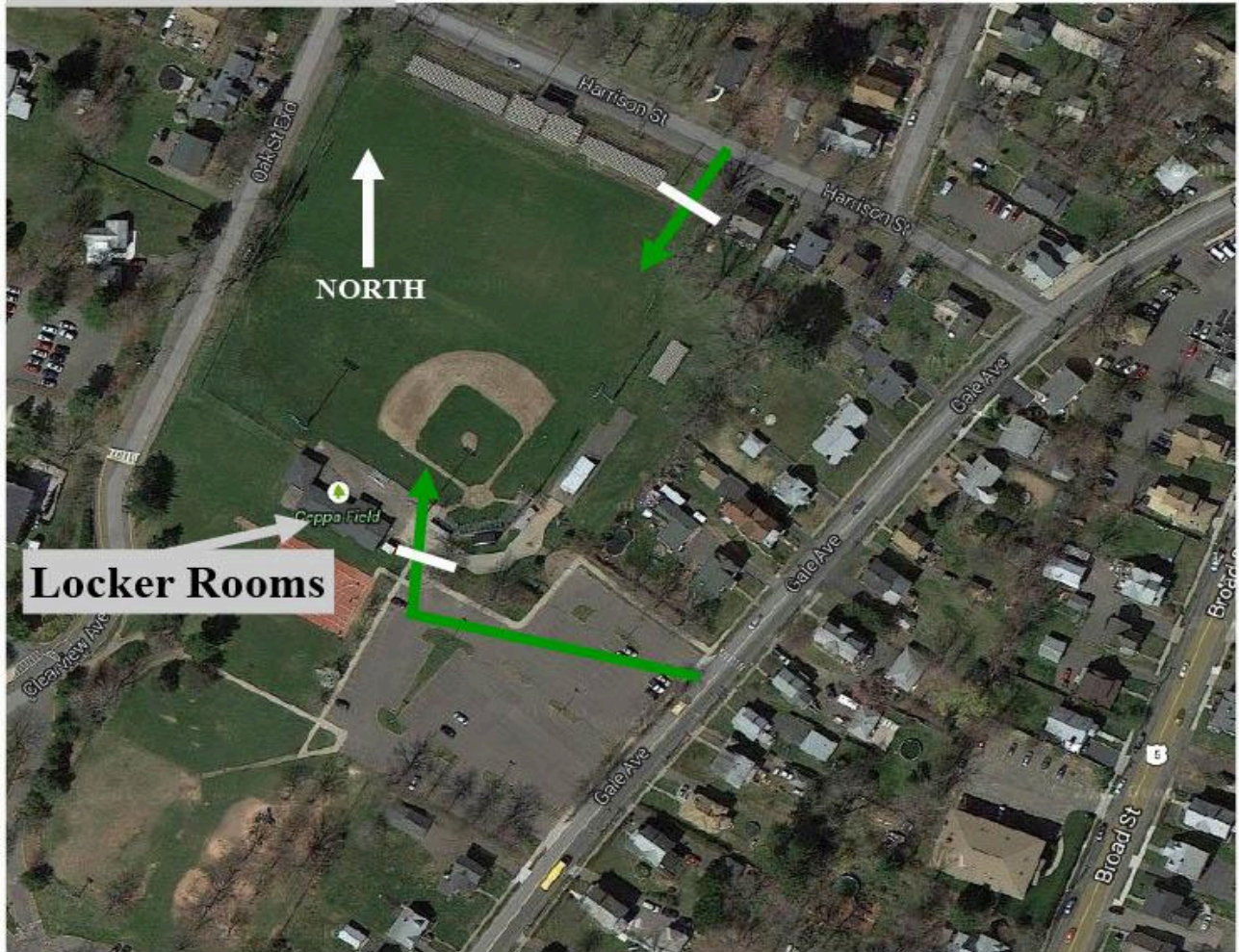
Emergency Shelter: pool house, restrooms, or half-shell



F. Ceppa Field

81 Gale Avenue (closest address)
Nearest Cross Street: Gale Avenue and Harrison Street
Latitude: N 41° 31' 31"
Longitude: W 72° 48' 9"
Access Points and Entrances: Harrison St & Gale Avenue
Emergency Shelter: locker rooms and concession building

Gates marked in **WHITE**



G. William E. Dunn Sports Complex



H. Hunter's Golf Course

688 Westfield Road

Nearest Cross Street: Westfield Road and Bee Street

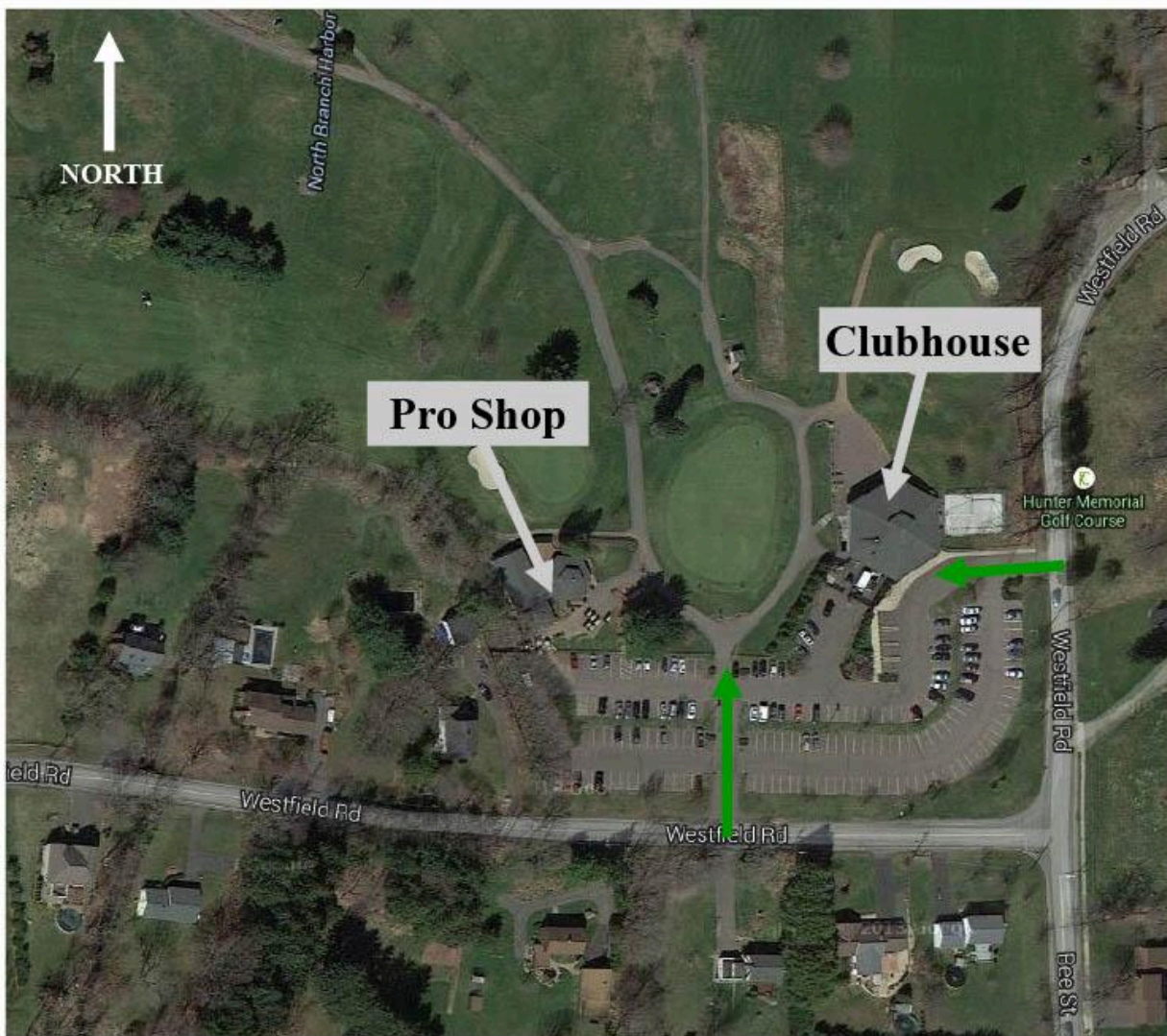
Latitude: N 41° 33' 5"

Longitude: W 72° 46' 1"

Access Points and Entrances: 2 entrances off Westfield Road

Emergency Shelter: Pro Shop, Clubhouse, or Maintenance Building between holes #12 & #16

Special Considerations: Hunter's Golf Course has lightning detection system which will sound when lightning is within 6 miles. Contact the Pro Shop @ 203-634-3366 if EMS is called as they may have to direct EMS to location of injury on course. The injured may be transported by golf cart to parking lot if it is safe to do so and you are directed to by EMS.



I. North End Field

Address: 210 Britannia Street, Meriden, CT (nearest cross street is Tremont and Britannia)

Nearest AED: There is no AED on site. CALL 911 and initiate CPR

