



ARUNDEL HIGH SCHOOL - EMERGENCY ACTION PLAN

Important Phone and Contact Numbers:

EMS: 911

Certified Athletic Trainer

Rotating MedStar ATCs

Cell:

Athletic Director

Ryan Woods Office:

Cell: (443) 591-3999

Principal

Gina Davenport

Cell: (410) 404-5643

Administrator over Athletics

Karlie Magazu

Cell: (856) 906-5996

Emergency Care Facilities

- Anne Arundel Medical Center
(443) 481-1000
2001 Medical Pkwy, Annapolis MD 21401
- Baltimore Washington Medical Center
(410) 787-4000
301 Hospital Dr, Glen Burnie MD 21061
- Shock Trauma Center (head, neck, spine)
(410) 328-9284
22 S Greene St., Baltimore MD 21201

***Document reviewed, revised if necessary and rehearsed annually with the Arundel athletics department before the first practice of every season. ***

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Heat Illness)

LOCATION: Arundel High School

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer

- Primary care for injured athlete, document accident report following injury

2. Head coach, assistant coaches, school administrators

- Assist in providing care for injured athlete, call 911, notify parents, meet EMS, retrieve medical kit or AED, travel in ambulance if parents not present

Emergency Heat illness definitions:

1. Exertional Heat Stroke (EHS): The most severe heat illness characterized by neurological impairment and a core body temperature higher than 104 degrees Fahrenheit (*Core temperature MANDATORY*). Commonly presents with red skin and no sweating.

2. Heat Exhaustion: The inability to effectively exercise in the heat manifested by an elevated core body temperature that is less than 104 degrees Fahrenheit (*Core temp not mandatory, may occur if athlete deteriorates*). Commonly presents with pale skin and excessive sweating.

Equipment locations (*see map for details – Appendix I*):

1. Cold water immersion tub – Outside next to the stairwell by the weight room around the back of the school (*A – Map, Appendix I*)

2. Rectal thermometer, strap, towels – in the emergency bag with ATC on the gator

3. Extra ice – ATC will have ice on the gator and set up next to cold tub. If more ice is needed, a coach or administrator can go in to the equipment room to where the ice machine and coolers are located (*B – Map, Appendix II*)

4. Water supply – Running water is available through a hose right next to the immersion tub attached to the school

In the event of an emergency situation involving Exertional Heat Stroke:

- At least **THREE** people in addition to ATC must assist
- Athlete will be immediately removed from play and brought to the cold-water immersion tub located in the under the stairwell. Any pads/equipment will be removed
- A core temperature will be taken using a rectal thermometer. One coach/school administrator will assist in covering the athlete with towels located under the stairwell while temperature is being taken

- While temperature is being taken, second coach/school administrator will be adding ice to the cold-water immersion tub and circulating the water to maintain a cold temperature
- Athlete will then be placed in the cold-water immersion tub. A strap will be wrapped around their torso under their arms to keep them upright in the event that athlete is unconscious. One of the coaches/school administrators will hold them upright while ATC monitors athlete and temperature
- While ATC and two coaches/administrators are attending to athlete, a third coach/school administrator will call 911 EMS will be told the address to the school and to **drive behind the school, past the turf and tennis courts (X5 on campus map)** where the coach/school administrator who called will meet and direct them to the stairwell
- The path to the stairwell must be clear prior to EMS arrival
- Parents must be notified
- Athlete will NOT be transported until core temperature is down to at least **102 degrees Fahrenheit**

In the event of an emergency situation involving Heat Exhaustion (or if core temperature reading not necessary):

- At least **TWO** people in addition to ATC must assist
- Athlete will be immediately removed from play and brought to the cold-water immersion tub located under the stairwell. Any pads/equipment will be removed
- Athlete will then be placed in the cold-water immersion tub and monitored
- A coach/administrator will be adding ice to the cold-water immersion tub and circulating the water to maintain a cold temperature while athlete is being monitored by ATC
- While ATC and a coach/administrature are attending to athlete, a second coach/school administrator may call 911 if instructed to by ATC. Instructions followed will be same as above with EHS
- Parents must be notified

To prevent heat illnesses, a plan for acclimatization should be in place. This should be a gradual increase in activity and equipment over a 2-week period. See below for general guidelines.

Preseason Heat-Acclimatization Guidelines

Area of Practice Modification	Practices 1-5		Practices 6-14
	Days 1-2	Days 3-5	
# of Practices Permitted Per Day	1		2, only every other day
Equipment	Helmets only	Helmets & Shoulder Pads	Full Equipment
Maximum Duration of Single Practice Session	3 hours		3 hours (a total maximum of 5 hours on double session days)
Permitted Walk Through Time	1 hour (but must be separated from practice for 3 continuous hours)		
Contact	No Contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

NOTE: warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of practice time

ANNE ARUNDEL COUNTY PUBLIC SCHOOLS
GAME AND PRACTICE RESTRICTIONS DUE TO HEAT

Code	Heat Index (Temperature & humidity)	Restrictions & Accommodations
RED	ABOVE 104 (re-check every 30 min)	<p>*STOP ALL OUTSIDE ACTIVITY IN PRACTICE AND/OR PLAY</p> <p>*STOP ALL INSIDE ACTIVITY IF AIR CONDITIONING IS UNAVAILABLE</p>
ORANGE	100-104 (re-check every 30 min)	<p><u>All of restrictions listed below, plus:</u></p> <p>*Alter uniform by removing items – if possible and permissible by rules.</p> <p>*Allow athletes to change into dry t-shirts and shorts at defined intervals</p> <p>*Reduce time of outside activity</p> <p>*Reduce time of indoor activity, if air conditioning is unavailable</p>
YELLOW	95-99 (re-check every 30 min)	<p><u>All of restrictions listed below, plus:</u></p> <p>*Provide MANDATORY 10-minute water breaks every 30 minutes to allow hydration as a group.</p> <p>*Reduce the time of outside activity</p> <p>*Consider postponing practice until later in the day.</p> <p>*Remove helmets and other equipment when athlete is not directly involved in the competition, drill, or practice and it is not otherwise required by rule.</p>
GREEN	UNDER 95 (re-check every 30 min)	<p>*Have water available for athletes to take in as much as they desire.</p> <p>*Provide 10-minute water breaks every 30 minutes to allow hydration as a group</p> <p>*Provide towels with ice to cool athletes as needed</p> <p>*Watch/monitor athletes for necessary action</p>

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Cardiac Arrest)

LOCATION: Arundel High School

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer

- Primary care for injured athlete, document accident report following injury

2. Head coach, assistant coaches, school administrators

- Assist in providing care for injured athlete, call 911, notify parents, meet EMS, retrieve medical kit or AED, travel in ambulance if parents not present

Equipment locations *(see map for details – Appendix I):*

AED: ATC will have AED on hand for contests. AED inside is located on gym wall closest to the athletic training room hallway. There is no AED outside at any venue.

In the event of a downed athlete:

- Check for responsiveness by tapping on the shoulder and shouting their name
- If athlete does not respond, a coach will call 9-1-1 and give pertinent information as well as directions to specific location
 - A coach, AD or another player should be sent to meet EMS at entrance to the facility to guide them. Bring KEYS if necessary
- Check for breathing for 5-10 seconds, DO NOT check pulse
- If not breathing, ATC will begin CPR and designate someone to bring the AED
 - If athlete is wearing pads/equipment, the chest must be exposed for quality CPR and AED connection
- Once the AED arrives, continue CPR while someone attaches the pads to the athlete
- Follow prompts from the AED and deliver shock if advised. Continue cycles of CPR until the patient wakes up or EMS arrives
- Athlete will be transported to the appropriate hospital and a coach/parent/guardian should accompany the athlete
- Parents must be notified

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Cervical Spine)

LOCATION: Arundel High School

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer

- Primary care for injured athlete, document accident report following injury

2. Head coach, assistant coaches, school administrators

- Assist in providing care for injured athlete, call 911, notify parents, meet EMS, retrieve medical kit or AED, travel in ambulance if parents not present

Equipment locations *(see map for details – Appendix I):*

AED: ATC will have AED on hand for contests. AED inside is located on gym wall closest to the athletic training room hallway. There is no AED outside at any venue.

Immobilization devices: Wait for EMS to bring a backboard and/or cervical neck collar

In the event of an unconscious downed athlete:

- Check for responsiveness by tapping on the shoulder and shouting their name
- If athlete does not respond, a coach will call 9-1-1 and give pertinent information as well as directions to specific location
 - A coach, AD or another player should be sent to meet EMS at entrance to the facility to guide them. Bring KEYS if necessary
- If a cervical neck injury is suspected because of a high-speed collision, spearing, twisting or landing from a height, ATC should stabilize the head and neck
- Coach should check for breathing for 5-10 seconds, DO NOT check pulse
- If not breathing, coach will begin CPR and ATC will designate someone to bring the AED
 - If athlete is wearing pads/equipment, the chest must be exposed for quality CPR and AED connection
- Once the AED arrives, continue CPR while someone attaches the pads to the athlete
- Follow prompts from the AED and deliver shock if advised. Continue cycles of CPR until the patient wakes up or EMS arrives
- Athlete will be transported to the appropriate hospital and a coach/parent/guardian should accompany the athlete
- Parents must be notified

In the event of a conscious downed athlete:

- Check for responsiveness by tapping on the shoulder and shouting their name
- If athlete moves, speaks or acknowledges, ask them the following questions:
 - Is there pain over the cervical spinous processes?
 - Unable to move your fingers and toes?
 - Decreased sensation in the arms and/or legs?
 - Major distracting injury like a leg or arm fracture?
- If yes to any question, ATC should stabilize the head and neck
- Coach will call 9-1-1 and give pertinent information as well as directions to specific location
 - A coach, AD or another player should be sent to meet EMS at entrance to the facility to guide them. Bring KEYS if necessary
- If athlete prone and enough people available, use log roll technique to bring supine
- Monitor vitals and begin CPR if breathing stops
- Wait for EMS to arrive before removing equipment and completing spinal motion restriction using a backboard, stretcher and/or cervical neck collar

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Orthopedic Trauma)

LOCATION: Arundel High School

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer

- Primary care for injured athlete, document accident report following injury

2. Head coach, assistant coaches, school administrators

- Assist in providing care for injured athlete, call 911, notify parents, meet EMS, retrieve medical kit or AED, travel in ambulance if parents not present

Equipment locations *(see map for details – Appendix I):*

AED: ATC will have AED on hand for contests. AED inside is located on gym wall closest to the athletic training room hallway. There is no AED outside at any venue.

Immobilization devices: located in athletic training room and/or medical kit

Wound care: located in athletic training room and/or medical kit

In the event of a fracture or dislocation:

- ATC will perform an injury evaluation
- If a dislocation is suspected and the ENT allows, ATC may attempt to reduce a patellar dislocation, shoulder dislocation, or finger dislocation. For elbow and knee dislocations, no relocation should be attempted
 - Circulation and sensation should be checked and documented before AND after any relocation
 - Athlete may need to be splinted or immobilized after relocation
 - Athlete may be transported by parent/guardian to the appropriate medical facility or EMS may be contacted for transport
- If a fracture is suspected, ATC should splint the athlete in position found, immobilizing the joints above and below the affected bone
 - SAM splints will be used for immobilization
 - Circulation and sensation should be checked and documented before AND after immobilization
 - For minor fractures such as fingers and forearms, once splinted, the athlete may be transported by parent/guardian to the appropriate medical facility
 - For severe fractures such as open fractures, compound fractures or femur fractures:
 - A coach will call 9-1-1 and give pertinent information as well as directions to specific location

- A coach, AD or another player should be sent to meet EMS at entrance to the facility to guide them. Bring KEYS if necessary
- ATC should keep athlete calm, control bleeding and monitor vitals
- If athlete goes into shock and stops breathing, follow EAP for cardiac arrest
- Once EMS arrives, stabilize the fracture and transport to appropriate hospital and a coach/parent/guardian should accompany the athlete
- Document circulation and sensation a final time before transporting
- Parents must be notified

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Indoor - Gymnasium)

LOCATION: Arundel High School, Indoor gym

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer – Primary care for the injured person, call 911, notify parents

2. Head Coach – Assist in providing care, call 911, retrieve medical kit or AED, document accident report following injury

3. Assistant Coaches or School Administrator – Meet EMS outside in school parking lot for direction, crowd control, team management, go in ambulance with injured athlete if parents are not present

Emergency Equipment Location:

1. AED – ATC will have AED on hand. In the event ATC is not present, there is an AED attached to the wall in the gym next to the door by the Arundel student section leading out to the athletic training room.

2. Ice, splints, other medical supplies – in the athletic training room next to concession stand and team rooms; ATC will have medical kit directly on hand

In the event of an emergency situation:

- **Where should EMS come to meet the athlete?**

EMS should be advised to follow the directions above to the high school and take the first LEFT into the parking lot from Annapolis Rd. The dispatcher should be told that someone will be waiting outside the school by the gym entrance in the parking lot to assist in directing EMS (*x1 – map, Appendix I*). EMS will enter the school through a set of glass doors to get to the gym.

- **Who will meet EMS outside?**

An assistant coach or school administrator should go outside the gym doors to meet EMS in the parking lot and direct them where to go inside the school.

- **Who will give primary care to the athlete and what is their role?**

Certified Athletic Trainer will provide primary care, which will include immediate care of the injured or ill individual. If there is not an athletic trainer present, a coach trained in First Aid and CPR will provide primary care.

- **Who calls EMS?**

ATC will make the decision to call EMS. If the ATC is not present or unable to call EMS, the Head Coach will either call EMS or delegate a person to call EMS. The following information must be given to dispatch:

- Reason for emergency
- Location where injury occurred (specific field, gym)
- Patient's age, gender
- Patient's status (unconscious, conscious, pulse, breathing, etc.)

- **Who will notify the parents the athlete is being transported to an emergency care facility?**

ATC will speak with the parents if they are present. If the parents are not present and ATC is caring for the patient, the Head Coach or school administrator will call the parents or delegate an assistant coach to notify them.

- **To which emergency care facility will athletes be transported?**

Hospitals in the area include Anne Arundel Medical Center, and Baltimore Washington Medical Center

- **Who will notify the ATC?**

If ATC is not present, the Head Coach or school administrator will either notify the ATC or delegate a person to notify the ATC of the incident.

- **Who will manage the rest of the team while care is given to the injured athlete?**

The assistant coaches, other school administrators, or SRO will manage the rest of the team and assist with crowd control if necessary while the injured athlete is cared for. At no time should any parent or other individual outside of the Arundel staff be on the court intervening with care.

- **Who will travel with the injured athlete to the emergency care facility?**

If parents are not present or unable to meet the athlete and the EMS at the school or at the hospital, an assistant coach will travel with the athlete to the emergency care facility.

- **Who will document the injury?**

The coach will fill out an accident report to submit to the administration. ATC will document the injury for medical records.

- **Who will speak to parent in the instance of a catastrophic injury?**

ATC will notify the parents in the event of a catastrophic injury.

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Indoor- Second Floor: Wrestling, Cheer room)

LOCATION: Arundel High School, Cafeteria entrance (F Hallway)

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer – Primary care for the injured person, call 911, notify parents

2. Head Coach – Assist in providing care, call 911, retrieve medical kit or AED, document accident report following injury

3. Assistant Coaches or School Administrator – Meet EMS outside in school parking lot for direction, crowd control, team management, go in ambulance with injured athlete if parents are not present

In the event of an emergency situation:

- **Where should EMS come to meet the athlete?**

EMS should be told the address to the high school. For access to the wrestling and dance room, dispatch should be told that EMS should drive behind the school to the cafeteria entrance across from the tennis courts next to the turf. (x5 – map, Appendix I)

- **Who will meet EMS outside?**

An assistant coach should meet EMS in the cafeteria entrance to take them to the practice room.

- **Who will give primary care to the athlete and what is their role?**

Certified Athletic Trainer will provide primary care, which will include immediate care of the injured or ill individual. If there is not an athletic trainer present, a coach trained in First Aid and CPR will provide primary care.

- **Who calls EMS?**

ATC will make the decision to call EMS. If the ATC is not present or unable to call EMS, the Head Coach will either call EMS or delegate a person to call EMS. The following information must be given to dispatch:

- Reason for emergency
- Location where injury occurred (specific field, gym)
- Patient's age, gender
- Patient's status (unconscious, conscious, pulse, breathing, etc.)

- **Who will notify the parents the athlete is being transported to an emergency care facility?**

ATC will speak with the parents if they are present. If the parents are not present and ATC is caring for the patient, the Head Coach or school administrator will call the parents or delegate an assistant coach to notify them.

- **To which emergency care facility will athletes be transported?**

- Hospitals in the area include Anne Arundel Medical Center, and Baltimore Washington Medical Center
- Location will depend upon where the paramedics decide to take the injured athlete (most often is BWMC, unless otherwise specified)

- **Who will notify the ATC?**

If ATC is not present, the Head Coach or school administrator will either notify the ATC or delegate a person to notify the ATC of the incident.

- **Who will manage the rest of the team while care is given to the injured athlete?**

The assistant coaches, other school administrators, or SRO will manage the rest of the team and assist with crowd control if necessary while the injured athlete is cared for. At no time should any parent or other individual outside of the Arundel staff be on the court intervening with care.

- **Who will travel with the injured athlete to the emergency care facility?**

If parents are not present or unable to meet the athlete and the EMS at the school or at the hospital, an assistant coach will travel with the athlete to the emergency care facility.

- **Who will document the injury?**

The coach will fill out an accident report to submit to the administration. ATC will document the injury for medical records.

- **Who will speak to parent in the instance of a catastrophic injury?**

ATC will notify the parents in the event of a catastrophic injury.

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Outdoor- Baseball Field)

LOCATION: Arundel High School, Outdoor Practice Field- **BASEBALL FIELD**

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer – Primary care for the injured person, call 911, notify parents

2. Head Coach – Assist in providing care, call 911 if AT cannot, retrieve medical kit or AED, document accident report following injury

3. Assistant Coaches or School Administrator – Meet EMS by scoreboard in back school parking lot to direct EMS to baseball field, crowd control, team management, go in ambulance with injured athlete if parents are not present

In the event of an emergency situation:

- **Where should EMS come to meet the athlete?**

EMS should be told the address to the high school and state specifically the emergency is located at the **baseball field behind the school**. If ATC is going to bring the athlete on the gator to meet EMC, caller should say they **will meet by the scoreboard to the baseball field**. (x3 – map, Appendix I)

- **Who will meet EMS outside?**

An assistant coach should meet EMS in the parking lot at the edge of the baseball field and direct them to the injury using the path along third base/visitor dugout. All gates must be unlocked prior to EMS arrival. The coach/administrator may take the gator to meet EMS in the parking lot to bring them to the field quicker.

- **Who will give primary care to the athlete and what is their role?**

Certified Athletic Trainer will provide primary care, which will include immediate care of the injured or ill individual. If there is not an athletic trainer present, a coach trained in First Aid and CPR will provide primary care.

- **Where is the First-Aid or medical kit?**

ATC and the Head Coach will have a medical kit on hand.

- **Where is the AED?**

ATC will always have an AED on the gator with him/her.

- **Who calls EMS?**

ATC will make the decision to call EMS. If the ATC is not present or unable to call EMS, the Head Coach will either call EMS or delegate a person to call EMS. The following information should be given to dispatch:

- Reason for emergency
- Location where injury occurred (specific field location)
- Patient's age, gender
- Patient's status (unconscious, conscious, pulse, breathing, etc.)

- **Who will notify the parents the athlete is being transported to an emergency care facility?**

ATC will speak with the parents if they are present. If the parents are not present and ATC is caring for the patient, the Head Coach or school administrator will call the parents or delegate an assistant coach to notify them.

- **To which emergency care facility will athletes be transported?**

- Hospitals in the area include Anne Arundel Medical Center, and Baltimore Washington Medical Center
- Location will depend upon where the paramedics decide to take the injured athlete (most often is BWMC, unless otherwise specified)

- **Who will notify the ATC?**

If ATC is not present, the Head Coach or school administrator will either notify him/her or delegate a person to notify him/her of the incident.

- **Who will manage the rest of the team while care is given to the injured athlete?**

The assistant coaches, other school administrators, or SRO will manage the rest of the team and assist with crowd control if necessary while the injured athlete is cared for. At no time should any parent or other individual outside of the Arundel staff be on the court intervening with care.

- **Who will travel with the injured athlete to the emergency care facility?**

If parents are not present or unable to meet the athlete and the EMS at the school or at the hospital, an assistant coach will travel with the athlete to the emergency care facility.

- **Who will document the injury?**

The coach will fill out an accident report to submit to the administration. ATC will document the injury for medical records.

- **Who will speak to parent in the instance of a catastrophic injury?**

ATC will notify the parents in the event of a catastrophic injury.

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Outdoor- Front Fields)

LOCATION: Arundel High School, Outdoor Practice Field- **FRONT FIELDS**

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer – Primary care for the injured person, call 911, notify parents

2. Head Coach – Assist in providing care, call 911 if AT cannot, retrieve medical kit or AED, document accident report following injury

3. Assistant Coaches or School Administrator – Meet EMS on sidewalk by school entrance and direct EMS to field where injury occurred, crowd control, team management, go in ambulance with injured athlete if parents are not present

In the event of an emergency situation:

- **Where should EMS come to meet the athlete?**

EMS should be told the address to the high school and the emergency is located at the **front fields on Annapolis Rd by the main entrance to the school.**

- **Who will meet EMS outside?**

An assistant coach should meet EMS at the edge of the field where the emergency is located to help direct EMTs/paramedics.

- **Who will give primary care to the athlete and what is their role?**

Certified Athletic Trainer will provide primary care, which will include immediate care of the injured or ill individual. If there is not an athletic trainer present, a coach trained in First Aid and CPR will provide primary care.

- **Who calls EMS?**

ATC will make the decision to call EMS. If the ATC is not present or unable to call EMS, the Head Coach will either call EMS or delegate a person to call EMS. The following information should be given to dispatch:

- Reason for emergency

- Location where injury occurred (specific field location)

- Patient's age, gender

- Patient's status (unconscious, conscious, pulse, breathing, etc.)

- **Who will notify the parents the athlete is being transported to an emergency care facility?**

ATC will speak with the parents if they are present. If the parents are not present and ATC is caring for the patient, the Head Coach or school administrator will call the parents or delegate an assistant coach to notify them.

- **To which emergency care facility will athletes be transported?**

- Hospitals in the area include Anne Arundel Medical Center, and Baltimore Washington Medical Center
- Location will depend upon where the paramedics decide to take the injured athlete (most often is BWMC, unless otherwise specified)

- **Who will notify the ATC?**

If ATC is not present, the Head Coach or school administrator will either notify him/her or delegate a person to notify him/her of the incident.

- **Who will manage the rest of the team while care is given to the injured athlete?**

The assistant coaches, other school administrator, or SRO will manage the rest of the team and assist with crowd control if necessary while the injured athlete is cared for. At no time should any parent or other individual outside of the Arundel staff be on the court intervening with care.

- **Who will travel with the injured athlete to the emergency care facility?**

If parents are not present or unable to meet the athlete and the EMS at the school or at the hospital, an assistant coach will travel with the athlete to the emergency care facility.

- **Who will document the injury?**

The coach will fill out an accident report to submit to the administration. ATC will document the injury for medical records.

- **Who will speak to parent in the instance of a catastrophic injury?**

ATC will notify the parents in the event of a catastrophic injury.

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Outdoor- TURF 2)

LOCATION: Arundel High School, TURF 2

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer – Primary care for the injured person, call 911, notify parents

2. Head Coach – Assist in providing care, call 911 if AT cannot, retrieve medical kit or AED, document accident report following injury

3. Assistant Coaches or School Administrator – Meet EMS outside in school parking lot for direction, crowd control, team management, go in ambulance with injured athlete if parents are not present

In the event of an emergency situation:

- **Where should EMS come to meet the athlete?**

EMS should be told the address to the high school and the emergency is located at **TURF 2 located between AMS and the baseball field** (*X2 – map, Appendix I*)

- **Who will meet EMS outside?**

An assistant coach should meet EMS at the entrance to the lower field by the road to direct the ambulance. All gates must be unlocked prior to EMS arrival.

- **Who will give primary care to the athlete and what is their role?**

Certified Athletic Trainer will provide primary care, which will include immediate care of the injured or ill individual. If there is not an athletic trainer present, a coach trained in First Aid and CPR will provide primary care.

- **Who calls EMS?**

ATC will make the decision to call EMS. If the ATC is not present or unable to call EMS, the Head Coach will either call EMS or delegate a person to call EMS. The following information should be given to dispatch:

- Reason for emergency

- Location where injury occurred (specific field location)

- Patient's age, gender

- Patient's status (unconscious, conscious, pulse, breathing, etc.)

- **Who will notify the parents the athlete is being transported to an emergency care facility?**

ATC will speak with the parents if they are present. If the parents are not present and ATC is caring for the patient, the Head Coach or school administrator will call the parents or delegate an assistant coach to notify them.

- **To which emergency care facility will athletes be transported?**

- Hospitals in the area include Anne Arundel Medical Center, and Baltimore Washington Medical Center
- Location will depend upon where the paramedics decide to take the injured athlete (most often is BWMC, unless otherwise specified)

- **Who will notify the ATC?**

If ATC is not present, the Head Coach or school administrator will either notify him/her or delegate a person to notify him/her of the incident.

- **Who will manage the rest of the team while care is given to the injured athlete?**

The assistant coaches, other school administrator, or SRO will manage the rest of the team and assist with crowd control if necessary while the injured athlete is cared for. At no time should any parent or other individual outside of the Arundel staff be on the court intervening with care.

- **Who will travel with the injured athlete to the emergency care facility?**

If parents are not present or unable to meet the athlete and the EMS at the school or at the hospital, an assistant coach will travel with the athlete to the emergency care facility.

- **Who will document the injury?**

The coach will fill out an accident report to submit to the administration. ATC will document the injury for medical records.

- **Who will speak to parent in the instance of a catastrophic injury?**

ATC will notify the parents in the event of a catastrophic injury.

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Outdoor- Softball Field)

LOCATION: Arundel High School, Outdoor Practice Field- **SOFTBALL FIELD**

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer – Primary care for the injured person, call 911, notify parents

2. Head Coach – Assist in providing care, call 911 if AT cannot, retrieve medical kit or AED, document accident report following injury

3. Assistant Coaches or School Administrator – Meet EMS on outside in the school parking lot to direct EMS to the softball field, crowd control, team management, go in ambulance with injured athlete if parents are not present

In the event of an emergency situation:

- **Where should EMS come to meet the athlete?**

EMS should be told the address to the high school and that the emergency is located at the **softball field behind the turf/track** (*X6 – Map, Appendix II*). If ATC is going to bring the athlete on the gator to meet EMS, the caller should say they will **meet at the entrance to the turf field** (*X4 – Appendix I*).

- **Who will meet EMS outside?**

An assistant coach or school administrator will meet EMS at the entrance to the turf field in the parking lot to direct the ambulance to drive behind the concession stand and bleacher to reach the softball field. All gates must be unlocked prior to EMS arrival.

- **Who will give primary care to the athlete and what is their role?**

Certified Athletic Trainer will provide primary care, which will include immediate care of the injured or ill individual. If there is not an athletic trainer present, a coach trained in First Aid and CPR will provide primary care.

- **Who calls EMS?**

ATC will make the decision to call EMS. If the ATC is not present or unable to call EMS, the Head Coach will either call EMS or delegate a person to call EMS. The following information should be given to dispatch:

- Reason for emergency

- Location where injury occurred (specific field location)

- Patient's age, gender

- Patient's status (unconscious, conscious, pulse, breathing, etc.)

- **Who will notify the parents the athlete is being transported to an emergency care facility?**

ATC will speak with the parents if they are present. If the parents are not present and ATC is caring for the patient, the Head Coach or school administrator will call the parents or delegate an assistant coach to notify them.

- **To which emergency care facility will athletes be transported?**

- Hospitals in the area include Anne Arundel Medical Center, and Baltimore Washington Medical Center
- Location will depend upon where the paramedics decide to take the injured athlete (most often is BWMC, unless otherwise specified)

- **Who will notify the ATC?**

If ATC is not present, the Head Coach or school administrator will either notify him/her or delegate a person to notify him/her of the incident.

- **Who will manage the rest of the team while care is given to the injured athlete?**

The assistant coaches, other school administrator, or SRO will manage the rest of the team and assist with crowd control if necessary while the injured athlete is cared for. At no time should any parent or other individual outside of the Arundel staff be on the court intervening with care.

- **Who will travel with the injured athlete to the emergency care facility?**

If parents are not present or unable to meet the athlete and the EMS at the school or at the hospital, an assistant coach will travel with the athlete to the emergency care facility.

- **Who will document the injury?**

The coach will fill out an accident report to submit to the administration. ATC will document the injury for medical records.

- **Who will speak to parent in the instance of a catastrophic injury?**

ATC will notify the parents in the event of a catastrophic injury.

ARUNDEL HIGH SCHOOL EMERGENCY ACTION PLAN

(Outdoor- Turf Field and Track)

LOCATION: Arundel High School, Outdoor Practice Field- **TURF FIELD/TRACK**

ADDRESS: 1001 Annapolis Rd., Gambrills MD 21054

PHONE: (410) 674-6500

Participants in Emergency Action Plan:

1. Athletic Trainer – Primary care for the injured person, call 911, notify parents

2. Head Coach – Assist in providing care, call 911 if AT cannot, retrieve medical kit or AED, document accident report following injury

3. Assistant Coaches or School Administrator – Meet EMS outside in school parking lot to direct EMS where the injury occurred, crowd control, team management, go in ambulance with injured athlete if parents are not present

In the event of an emergency situation:

- **Where should EMS come to meet the athlete?**

EMS should be told the address to the high school and that the emergency is located at the **turf field behind the school**. IF ATC is going to bring the gator to meet EMS, caller should say that they **will meet at the entrance to the turf field**.
(X4 – map, Appendix I)

- **Who will meet EMS outside?**

An assistant coach or school administrator will meet EMS at the entrance to the turf field in the parking lot to direct the ambulance. All gates must be unlocked prior to EMS arrival.

- **Who will give primary care to the athlete and what is their role?**

Certified Athletic Trainer will provide primary care, which will include immediate care of the injured or ill individual. If there is not an athletic trainer present, a coach trained in First Aid and CPR will provide primary care.

- **Who calls EMS?**

ATC will make the decision to call EMS. If the ATC is not present or unable to call EMS, the Head Coach will either call EMS or delegate a person to call EMS. The following information should be given to dispatch:

- Reason for emergency
- Location where injury occurred (specific field location)
- Patient's age, gender
- Patient's status (unconscious, conscious, pulse, breathing, etc.)

- **Who will notify the parents the athlete is being transported to an emergency care facility?**

ATC will speak with the parents if they are present. If the parents are not present and ATC is caring for the patient, the Head Coach or school administrator will call the parents or delegate an assistant coach to notify them.

- **To which emergency care facility will athletes be transported?**

- Hospitals in the area include Anne Arundel Medical Center, and Baltimore Washington Medical Center
- Location will depend upon where the paramedics decide to take the injured athlete (most often is BWMC, unless otherwise specified)

- **Who will notify the ATC?**

If ATC is not present, the Head Coach or school administrator will either notify him/her or delegate a person to notify him/her of the incident.

- **Who will manage the rest of the team while care is given to the injured athlete?**

The assistant coaches, other school administrator, or SRO will manage the rest of the team and assist with crowd control if necessary while the injured athlete is cared for. At no time should any parent or other individual outside of the Arundel staff be on the court intervening with care.

- **Who will travel with the injured athlete to the emergency care facility?**

If parents are not present or unable to meet the athlete and the EMS at the school or at the hospital, an assistant coach will travel with the athlete to the emergency care facility.

- **Who will document the injury?**

The coach will fill out an accident report to submit to the administration. ATC will document the injury for medical records.

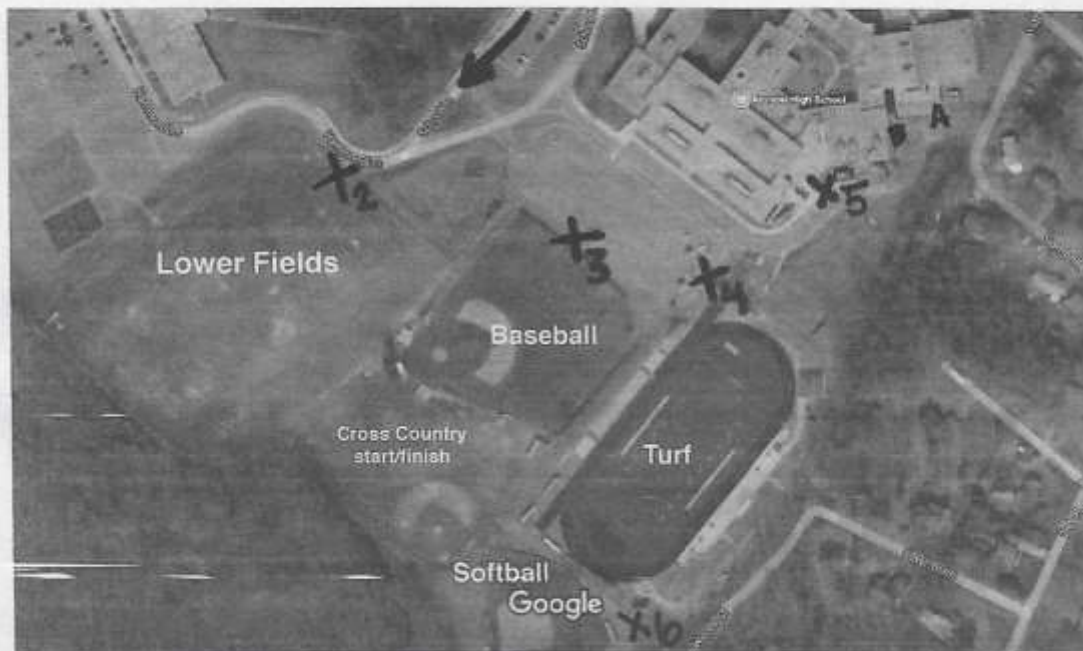
- **Who will speak to parent in the instance of a catastrophic injury?**

ATC will notify the parents in the event of a catastrophic injury.

Appendix I: Map of Arundel High School Front Fields
ARUNDEL HIGH SCHOOL
FRONT ENTRANCE



ARUNDEL HIGH SCHOOL
BACK FIELDS



Imagery ©2017 Commonwealth of Virginia, DigitalGlobe, U.S. Geological Survey, USDA Farm Service Agency, Map data ©2017
Google United States

100 ft

A: Cold Immersion Tub Location

B. Equipment room entrance (ice supply)

ARUNDEL CONCUSSION MANAGEMENT PROTOCOL

Certified Athletic Trainers working with MedStar in Anne Arundel County will adhere to the following protocol for concussion management and returning athletes to play following a concussion. The protocol is based on the recommendation from the International Conference on Concussion in Sport as well as the position statement from the National Athletic Trainers Association.

I. Initial Assessment

- a. Any athlete suspected of having sustained a concussion will immediately be removed from play and will not return until evaluated and cleared by an athletic trainer or a physician.
- b. Sideline evaluation will consist of a multi-faceted exam such as the Standardized Concussion Assessment Tool (SCAT) or other similar test performed by the athletic trainer. If an athlete demonstrates any positive test or signs/symptoms of a concussion (headache, dizziness, nausea, memory change, sensitivity to light or sound, etc.) they will be immediately removed from play and will not return within a 24-hour period. If a question exists and no medical personnel are available, the athlete should be driven by another individual to a hospital.
- c. The athletic trainer will notify the athlete's parents of the concussion and give instructions as to initial care and follow up appointments.
- d. Following a suspected concussion, the athlete will need to see a physician specializing in concussion management (preferred) who will further evaluate, officially diagnose, and follow up with the school's athletic trainer with specific instructions. The school's athletic trainer can provide the necessary referral.

II. Ongoing Assessment and Gradual Return to Play

- a. Once the student-athlete is seen by a physician referred to by athletic trainer and diagnosed with a concussion, the athletic trainer will notify the athletic director and the school nurse who will in turn notify the guidance counselors and teachers.
- b. The athlete should follow-up with the athletic trainer every day following the date of injury to begin the six stage gradual return-to-play progression with the sixth stage being full clearance for athletics participation (see *Concussion Graduated Return to Play* form).
- c. The return to play progression will not begin until the athlete is completely symptom free for a full 24 hours without taking any medication (Tylenol, Ibuprofen) and has been able to participate in a full day of school (if applicable).

- d. Each stage is a 24-hour period; therefore, the return to play progression will be a minimum of 5 days with the sixth day being return to full participation. Please keep in mind this will vary depending on the severity of the concussion.
- e. If the athlete experiences any symptoms at any point during the rehabilitation stages, the progression will stop immediately, and the cycle will resume at the previous asymptomatic rehabilitation stage after 24 hours of rest. If symptoms continue to occur, the athlete will be referred to the physician for a follow up evaluation.
- f. The treatment, management, and return to play determinations will be individualized for each athlete and dependent on circumstances of each specific case and injury. A safe return to play is the goal regardless of age and level of play. Every individual and every concussion are different so some concussions may take longer to heal than others.
- g. The athletic trainer will notify the coach, athletic director, nurse, and parents when the athlete can return to academics and full athletic participation and provide the necessary paperwork.

REFERENCES

Standardized Concussion Assessment Tool 3. *British Journal of Sports Medicine*. 2013;47:259.

National Athletic Trainers' Association Position Statement: Management of Sport Concussion. *Journal of Athletic Training*. 2014;49(2):245-265.

LIGHTNING POLICY FOR ATHLETIC PARTICIPATION

- A practice or game should be **SUSPENDED IMMEDIATELY** if thunder is heard and/or lightening can be seen. All individuals outside, athletes and spectators, must seek shelter immediately.
- The athletic trainer, coach, athletic director, and officiating referee should observe and monitor weather conditions before every practice or game.
- Teams cannot resume practice or games for **30 minutes after the last sight of lightning or the sound of thunder**.
- All individuals should seek the shelter in the nearest building possible (Locker rooms, bathrooms, gymnasium, etc.)
- Avoid being at the highest point in an open field. Do not seek the shelter under trees, flagpoles, or light poles.
- If in an open field, assume the *lightening safe position* (crouched on the ground, weight on the balls of feet, feet together, head lowered, and ears covered). Do NOT lie flat on the ground if you feel your hair stand on end, skin tingle, or hear a crackling noise.
- Spectators should be advised to leave the stands or the field and seek the shelter as well.

Mental Health Emergency in Secondary School Athletes

Emergency Situation – Non-Violent

- Offer a quiet and secure place to talk. Show your genuine concern
- Avoid judging the student-athlete; provide positive support
- Provide support and a positive tone. Do not try to solve his or her problem
- Help the student-athlete understand that he/the ATC is not alone – others have been through this too and there is support out there for them
- Listen to the student-athlete. Allow him/her to express his/her thoughts. Provide him/her the opportunity to be heard. It's OK to have a moment of silence between you and the student-athlete
- Ask questions that encourage conversation. Asking these important questions will NOT plant the idea in his/her head:
 - **Can you tell me what is troubling you?**
 - **Are you thinking of hurting yourself?**
 - **Is someone hurting you?**
 - **Have you thought about suicide?**
- If the student-athlete is expressing suicidal ideation:
 - **Determine if he/the ATC has formulated a plan**
 - **Emphasize ensuring the athlete's safety, while being aware of your own**
 - **Do NOT leave the person alone**
- Alert designated school officials and/or colleagues available at that time of the day (i.e. school counselor/nurse, school administrator, etc.). Have the school call the student-athlete's parents or emergency contact. If it is after hours, contact their parents or emergency contact listed on their physical or refer to the contact list below
- Offer positive reinforcement to the student-athlete for having the courage to come forward and speak with you. Remind them that you are here to listen, however you do not specialize in this type of situation and will find someone who can give them the care they need
- Document and communicate your concerns and refer to the school counselor. School staff may be aware of past or current circumstances that you are not privy to, including abusive home environment, emerging psychological condition/mental illness, etc.

Emergency Situation – Potential Violence

RECOGNITION

Any 'yes' answer should be considered an emergency:

- Am I concerned the student-athlete may harm himself/herself?
- Am I concerned the student-athlete may harm others?
- Am I concerned the student-athlete is being harmed by someone else?
- Did the student-athlete make verbal or physical threats?

- Is the student-athlete exhibiting unusual ideation or thought disturbance that may or may not be due to substance use?
- Does the student-athlete have access to a weapon?
- Is there potential for danger or harm in the future?

MANAGEMENT

If immediate risk to safety:

- Remain calm – maintain calm body language and tone of voice.
- Listen to the student-athlete. Allow him/her to express his/her thoughts. Provide him/her the opportunity to be heard. It's OK to have a moment of silence between you and the student-athlete
- Avoid judging the student-athlete; provide positive support
- Keep yourself safe – do not attempt to intervene if there is eminent threat of harm or violence
- Keep others safe – try to keep a safe distance between the student-athlete in distress and others in the area
- Alert designated school officials and/or colleagues available at that time of day. Have the school contact the student-athlete's parents or emergency contact. If it is after hours, contact their parents or emergency contact listed on their physical or refer to the contact list below
- If the student-athlete seems volatile or disruptive, get help from a coworker or other adult. Do not leave the student-athlete alone, but do not put yourself in harm's way if he/the ATC tries to leave
- Follow campus and department protocols and policies

EMERGENCY CONTACT NUMBERS

School Counselors: 410-672-4921 / 4243

School Nurse: 410-674-5973

Principal: 410-960-5834 (*Gina Davenport*)

Athletic Director: 443-591-3999 (*Ryan Woods*)

Athletic Trainer:

Child Welfare/Protective Services: 410-269-4500

Crisis Hotline: 410-768-5522; 211

Suicide Hotline: 1-800-273-8255

SRO: 410-672-4952

Refer to NATA Inter-Association Recommendations for Developing a Plan to Recognize and Refer Student-Athletes with Psychological Concerns at the Secondary School Level: A Consensus Statement.