

Emergency Action Plan
For
Wilton Youth Football
Wilton Middlebrook Fields
2012

131 School Road
Wilton, CT 06897

Kelly Coleman, MS, LATC
Kelly@performance-pt.com

203-536-6917

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The following emergency action plan should be reviewed prior to working for Wilton Youth Football. In case of a serious injury or emergency, this plan should be carried out accordingly. A serious injury includes, but is not limited to, a concussion or other serious head or spinal injury, stroke, loss of a limb, cardiovascular or respiratory malfunctions, a serious closed or open fracture, excessive bleeding, or frostbite. Emergency situations include, but are not limited to, fire, bomb or other type of threat, or poisoning.

This emergency action plan pertains to the Middlebrook Athletic Fields located at 131 School Road, Wilton, CT 06897.

EMERGENCY PERSONNEL: A National Athletic Training Certified personnel is on site daily during practices. Because there is only one certified athletic trainer (ATC) on-site covering all practices, he/she will stand in between the football turf and the multi-purpose field. In case of emergency, the ATC can be reached on his/her cell phone. If the ATC is out of contact, call the local emergency medical team by dialing 911. If 911 is activated by persons other than the ATC, immediately notify the ATC of the emergency and that you have already called the emergency medical team.

MEDICAL STAFF:

CERTIFIED ATHLETIC TRAINER: Kelly Coleman: 203-536-6917 (*cell*)

Emergency Phone Numbers: The quickest way to reach the ATC would be to call her on her cell phone, which she carries daily

Emergency Equipment: An AED, spine board, and cervical collar is not carried by the athletic trainer. In the event that these supplies should be needed, the emergency medical team should be activated. Each PAL coach will have a first aid kit by their practice area, which includes OSHA materials, such as bandages, gloves, and gauze. If materials are not in the coach's first aid kit, it is their responsibility to restock it. Any additional OSHA and emergency materials will be held by the athletic trainer.

DIRECTIONS TO MIDDLEBROOK FIELDS (see map on last page): Route 7 North to School Road--just before Wilton H.S. You will see tennis courts after you turn left from Rte 7. At the stop sign, turn left onto School Rd. Follow School Rd around to Middlebrook M.S. The road winds up the hill and to the left. You will pass Cider Mill School and Comstock Community Center on the right. Field is behind the next school--- Middlebrook School, which is on the left.

DIRECTIONS TO NORWALK HOSPITAL FROM THE MIDDLEBROOK

FIELDS (see map on last page): 34 Maple Street, Norwalk, CT 06856
(203) 852-2160

Head west on school road then make a right onto US-7/Danbury road. Make a slight right to stay on US-7/Danbury Rd. Turn right on Grist Mill Rd then make a left on US-7 South. Take exit 1 for U.S. 1 South. Turn left onto U.S. 1 South/Van Buren Ave. Take the 2nd right onto Maple Street, Hospital will be on the left.

POLICE STATION: 240 Danbury Road, Wilton, CT 06897
203-834-6260

FIRE STATION: 240 Danbury Road, Wilton, CT 06897
203-834-6246

ROLE OF FIRST RESPONDERS:

1. Immediate care of an injured or sick athlete:

- Perform a primary survey and clear the area of any hazardous materials, check ABC's, establish a level of consciousness, and look for severe bleeding or open fractures.
- Either call the ATC on her cell or designate someone around you to notify the ATC of your exact location and the severity of the injury.
- Establish airway as soon as possible by performing rescue breathing and CPR as needed.
- Clean the area if blood is present and take care of any other first-aid situations.
- If a splint, spine board, or Emergency Medical System (EMS) is necessary, have someone retrieve the certified athletic trainer or call 911 as soon as possible. If you cannot call yourself, designate one person around you to call 911. Until the ATC has come to your side, be sure to stay with the patient to prevent from excessive movement and provide continuous support.

2. Calling the Emergency Medical System (EMS):

- Dial 911.
- Give the name of the caller.
- Give the telephone number from the phone that you are calling from or from a phone that will be with you at the scene of the accident.
- Give the exact location of where the injured athlete is situated.
- State the number of injured athletes.
- State the condition that the athletes are in and how severe the injury is.
- State the treatments, which have already been given to the athletes.
- Give any other information that is needed or asked by EMS.
- Be sure to stay on the line until they have hung up on you first.

3. Directions for EMS to scene of emergency:

- Have a coach stand at the entrance of 131 School Road near the street. If no coach is available, designate one adult to perform the task. Here the assigned person will wave down EMS when they are spotted.
- Be sure to open any closed gates so that the ambulance has access to the scene.
- Direct EMS to the emergency scene and be there as an aid if they have any further questions.
- Be sure to help EMS by moving onlookers and other bystanders (children, animals) out of their way.
- Clear the area surrounding the incident on the field.

4. After EMS have cleared the emergency scene:

- The Certified Athletic Trainer must be notified of any situations involving an athlete. It is the job of the first responder to make sure to tell the ATC as soon as possible.
- A member of the coaching staff is to accompany the athlete to the hospital.
- It is the job of the ATC to notify the parents of the victims involved and to complete an injury report.

5. In case of an emergency when no medical personnel are around:

- Locate the AED in between the two athletic fields (*see emergency equipment above*)
- Call 911 or designate someone around you to do so.
- If feasible, drive to the nearest hospital:
- Call the Certified Athletic Trainer to notify them of the emergency situation (*see emergency phone numbers above*)

OTHER EMERGENCY SITUATIONS:

1. POISONING

- Perform a primary survey and clear the area of any harm.
- Remove victim from the poisonous material.
- Establish level of consciousness and note any other injuries to the victim.
- If victim is conscious, obtain any vital information, such as what they ingested, how they obtained the poison, how much they ingested, and how long ago they ingested it.
- Call the Poison Control Center or 911 immediately
 - Phone Number: 1-800-222-1222
- Provide the Poison Control Center or 911 with any information that they need, including the exact location of the victim. Be sure not to hang up the phone before they do.

2. INCLEMENT WEATHER

The athletic trainer and all coaches are to be aware of oncoming inclement weather. If a coach sees a flash of lightning, he is to notify the athletic trainer immediately. The flash-to-bang method will be used. As the count reaches 30 seconds, all athletes and coaches are to be removed from the field and congregate inside the Saugatuck Elementary School. If thunderstorms appear imminent, even if lightning is not seen (high winds, darkening clouds), activity will be suspended until the hazard has passed.

All athletes and coaches will remain indoors until 30 minutes after the last sound of thunder is heard or the last flash of lightning is seen. The athletic trainer will notify coaches when it is safe to return to play.

Flash-to-Bang Method: Begin counting seconds after a flash of lightning is seen. Stop counting when thunder is heard. Divide this count by 5 to determine the distance of the lightning (in miles). For example, a flash-to-bang count of 30 seconds equates to a distance of 6 miles. (National Athletic Trainers' Association Position Statement: Lightning Safety for Athletics and Recreation)

3. HEAT RELATED INJURIES

Body temperature is regulated by the skin cooling from the evaporation of sweat. When the air temperature and humidity increase, the ability to sweat becomes compromised. The body is therefore unable to cool itself through evaporation, thus increasing the body's core temperature. When body temperature approaches 106 degrees F, the chances for survival become slim. Therefore, heat injuries constitute medical emergencies.

