

As a Lacrosse community we need to have in place an emergency action plan just in case an event happens where emergency personnel are needed. It's a way for all of us to be prepared in case someone needs medical attention.

### **PRACTICE OR GAME**

We need to have an emergency action person(s) to be available at every practice and home game. The following person(s) has volunteered to be to be our emergency action contact: Boys HS Trey Garrett, Boys MS Ray Franklin . If something happens where medical attention is required, the coach will ask Boys HS Trey Garrett, Boys MS Ray Franklin to call 911 and direct emergency personnel to where they are needed.

We are responsible for getting emergency personnel to our field whether it is our player or the visiting team player. When we are at away games, we are to rely on the coach of the home team to contact his emergency point of contact(s) to get the appropriate medical attention required to the field.

### **CPR**

The following people are certified in CPR:

Boys MS Will Bice, Boys HS Brad

Olzinski

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### **FIRE AND RESCUE**

There are three (3) North Shelby Fire and Rescue's in our area: Valleydale Road, Caldwell Mill Road, Highway 119. Phone number is 991-6439 or 991-6570

Chelsea Fire and Rescue for practices/games at Chelsea Middle School – 678-6060

### **EMERGENCY CARE**

If there is a minor injury and you want to take your son/daughter to the nearest emergency facility:

The nearest urgent care facility to the Heardmont field is American Family Care on Highway 280. They are open from 8:00 AM - 6:00 PM. Phone number is 205-201-7290.

The nearest urgent care facility to the Chelsea Middle School field is Chelsea Urgent Care on Highway 280 (close to Publix). Phone number is 678-3383. This facility is open 24 hrs a day, seven days a week.

After 6:00 PM I would recommend you to take your child to Brookwood ER at Highway 280 and Highway 119, Grandview Medical Center on Highway 280 and I-459, or Children's Hospital downtown.

The above are just recommendations. Please feel free to take your child to where you feel the most comfortable.

### **FIRST AID KIT**

The coach(s) are required to have a basic first aid kit at all practices and games.

### **WEATHER**

We are to stop play upon the first clap of thunder, lightning is within 8 to 10 miles. **Wait 30 minutes after BOTH the last sound of thunder and the last flash of lightning.**

We have to wait 30 minutes after BOTH the last clap of thunder and the last flash of lightning before we can resume play.