



EMERGENCY ACTION PLAN

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ACTIVATING THE EMS SYSTEM:

MAKING THE CALL:

CALL 911

- Other Emergency Numbers:
 - Waterbury Hospital – 203.573.6000
 - Saint Mary’s Hospital – 203.709.6000

PROVIDING THE LOCATION TO EMERGENCY DISPATCHER:

PRACTICE FIELDS (Football):

- Knights Field -1167 Main Street, Watertown, CT 06795
- Frontier Field – 1037 Main Street, Watertown, CT 06795
- Holy Disciples Catholic School - 140 Buckingham St, Oakville, CT 06779
- Taft School - 90 Guernseytown Road, Watertown, CT 06795

PRACTICE FIELDS/LOCATIONS (Cheer):

- Swift Middle School – 250 Colonial Street, Oakville, CT 06779
- Judson Elementary School – 124 Hamilton Lane, Watertown, CT 06795
- John Trumbull Primary School - 779 Buckingham St, Watertown, CT 06779

HOME GAMES:

- Watertown High School – 324 French Street, Watertown, CT 06795

PROVIDE THE EMERGENCY INFORMATION TO EMERGENCY DISPATCHER:

- Describe the nature of the emergency as concise as you can.
- If Medical Emergency; Describe the condition of the victim; (breathing, not breathing, pulse, no pulse, bleeding, conscious, unconscious)
- Has First Aid treatment initiated? (Blood control, rescue breathing, CPR, etc.)
- Provide specific directions as needed to location (see individual venue info)
- Provide other information requested by dispatcher
- Provide dispatcher the number of the phone you are calling from
- Be prepared to stay on the line with the dispatcher until EMS arrives

OVERVIEW:

Emergency situations may arise anytime during athletic events. Expedient action must be taken to provide the best possible care to the sport participant in emergency and/or life-threatening conditions. The development and implementation of an “Emergency Action Plan” or “EAP” will help ensure the best care will be provided to all participants, in the unfortunate event of an emergency.

As emergencies may occur at any time during an activity, the Team’s Staff must be prepared. This preparation involves formulation of an emergency plan, proper coverage of games and practices, maintenance of appropriate medical emergency equipment and supplies, utilization of appropriate medical emergency personnel, and continuing education around emergency medicine and planning. Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques, and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the Team Staff should enable each emergency to be managed appropriately.

EMERGENCY ACTION PLAN PERSONNEL:

During Practice, the first responder to an emergency is typically a member of the Team Staff. At least one coach on each team is trained in CPR/AED & First Aid.

During a Game, the first responder shall be the game day EMT. If an EMT is not available, the same personnel listed above shall apply. If your team has staff or parents who are healthcare professionals (Doctors, EMT’s, Nurses, etc.), it is recommended that these individuals are asked to assist in any would be medical emergency.

ROLES OF THE FIRST RESPONDERS:

The development of an emergency action plan cannot be complete without the formation of an emergency response team. The emergency response team does not have to only include rostered staff. In addition to your trainer and certified coaches and staff, your team may also consist of qualified parents (Doctors, EMTs, etc.) who are able to commit to be present during games and/or practices. If you decide to recruit parents or other qualified non-rostered volunteers to help with emergency situations, it is recommended that you establish when these individuals can be available. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team or the athletic venue itself. There are six (6) basic roles that should be assigned within the emergency medical team.

ROLE #1

- The first & most important role is establishing safety of the scene & immediate care of the athlete or victim. Immediate care should be provided by the most qualified individual on the scene. Individuals with lower credentials should yield to those with more appropriate training.

ROLE #2

- The second role is EMS activation (See previous page for detailed instructions while contacting EMS). EMS activation may be necessary in situations when an individual needs immediate medical attention. EMS activation shall take place as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be calm under pressure and someone who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event. Each team or squad should designate a specific individual(s) who is responsible for EMS activation. This person should also plan to remain on the line with EMS dispatch to provide them with directions and updates on the victim's condition.

ROLE #3

- The third role shall be equipment retrieval. This may be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed. Coaches and Team Moms are good choices for this role.

ROLE #4

- Directing EMS to the scene is the fourth role. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the emergency. This may require standing on the street or entrance of the facility that the emergency has occurred at, to flag down and guide dispatched EMS vehicles.

ROLE #5

- The fifth role shall be someone assigned to notify individuals designated on Emergency Contact Roster in the Team Book (Parents, Guardians, etc.). This can be a Coach or Team Mom.

ROLE #6

- The sixth role shall be ready to provide transportation to the victim if needed. Though transporting a victim of a serious or life threatening medical emergency is NOT recommended, there may be circumstances that require a person to be immediately transported to the Emergency Room or walk in medical clinic. Personnel who are trained in CRP and First Aid should make the decision on whether it is safe enough for a victim to be transported by someone other than an EMS tech or Paramedic. *For more information on medical transportation, please refer to the "Medical Emergency Transportation" details on the next page.

**Keep in mind that all above-described responsibilities should be assigned to people who are dependable and understand the importance of their role. It is advised to have a redundant system that provides back-up personnel if primary volunteers are absent or unavailable.*

EMERGENCY COMMUNICATION

Communication is key to quick emergency response. The coaching staff and emergency response team must work together to provide the best emergency response capability and should have contact information such as a telephone tree established as part of pre-planning for emergency situations. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of volunteers. In most cases, emergency medical transportation will not be available on site during a practice or game, therefore direct communication with the emergency medical system at the time of the injury or illness will likely be necessary.

Access to a cell phone should be assured. Though coaches aren't allowed to use cell phones during games, they are allowed to have them on their person. To avoid confusion or complications, you should assign specific individuals on your emergency response team, to have their cell phone always available and charged during the game or practice.

AED'S & EMERGENCY EQUIPMENT

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment available should be appropriate for the level of training for the emergency medical providers.

Every team is supplied with a medical bag containing first aid supplies. Additionally, Water-Oak Football & Cheer shall provide portable AEDs for use.

- **HOME GAME AED** (Watertown High School) is in the Shed at Watertown High School.

Finally, it's the responsibility of each team's Head Coach, Team Mom, and/or Trainer to know the location of Away Game AEDs.

MEDICAL EMERGENCY TRANSPORTATION

In the medical emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency, the athlete should be transported by ambulance, where the necessary staff and equipment are available to deliver appropriate medical care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete.

Any emergency situations where there is impairment in level of consciousness (LOC), airway, breathing, or circulation (ABC) or there is neurovascular compromise should be considered a "load and go" situation and emphasis placed on rapid evaluation, treatment and transportation.

ENVIRONMENTAL ISSUES AND PROTOCOLS:

AIR QUALITY:

Air quality is important due to events that may create unsafe environmental exposure for athletes during outdoor sporting events. By understanding when the air is harmful, athletes, parents, and coaches can avoid certain outdoor physical activities and take preventive measures to protect themselves.

Exposure should be managed more conservatively for youth athletes with pre-existing pulmonary or cardiac conditions, which may exacerbate the complications of these conditions and lead to an acute medical emergency. If an athlete has known respiratory difficulties and/or becomes sick that results in respiratory difficulties, said athlete shall be required to produce a medical note to the Head Coach and Team Mom (if applicable) to keep on file.

- At an AQI of 100 or higher, sensitive athletes (with known respiratory difficulties) shall be closely monitored at practice and coaches shall reduce heavy or prolonged exertion for documented sensitive athletes. If a parent decides to not send their documented sensitive athlete to practice on day when the AQI is 100 or higher, this shall be considered an excused absence and thus shall not negatively impact the athlete.
- At an AQI of over 150, coaches shall closely monitor all athletes at practice and reduce heavy or prolonged exertion of the athletes. Exertion should be minimized by decreasing the intensity of activity. If a parent decides to not send their documented sensitive athlete to practice on day when the AQI is 150 or higher, this shall be considered an excused absence and thus shall not negatively impact the athlete. Coaches and the Board of Directors reserve the right to shorten or cancel practices if the AQI is over 150, but less than 200.
- At an AQI of 200 or above, Water-Oak Football & Cheer shall cancel all outdoor activities.

HEAT INDEX:

A heat index is an index that combines air temperature and relative humidity to determine the human-perceived equivalent temperature. The result is also known as the "felt air temperature" or "apparent temperature." For example, when the temperature is 90°F with very high humidity, the heat index can be about 106°F.

Water-Oak Football & Cheer will utilize the Heat Index Calculator on the OSAA website (www.osaa.org/heat-index) or a designated phone app, such as OSHA's HEAT app, to check the heat index prior to practices or games.

Water-Oak Football & Cheer will cancel all outdoor activities when the heat index is above 104°F. Below that, it will be at the coach's discretion.

See Heat Index Calculator on the following page

HEAT INDEX CALCULATOR

		Temperature (°F)																									
		80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
Relative Humidity (%)	40	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107	109	112	114	116	119	
	45	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	109	111	114	116	119			
	50	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115	118					
	55	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117							
	60	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119								
	65	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118										
	70	83	85	86	88	90	93	95	98	100	103	106	109	112	116	119											
	75	84	85	88	90	92	95	97	100	103	106	109	113	116													
	80	84	86	89	91	94	97	100	103	106	110	113	117														
	85	85	87	90	93	96	99	102	106	110	113	117															
	90	86	88	91	95	98	102	105	109	113	117																
95	86	90	93	97	100	104	108	113	117																		
100	87	91	95	99	103	107	112	116																			

LIGHTNING:

In the case of lightning, Water-Oak Football & Cheer will follow the recommendations of the National Weather Service www.weather.gov.

- Practices and/or games should be suspended immediately as soon as lightning is seen, or thunder is heard.
- If the time between the flash of lightning and hearing the thunder is less than 30 seconds, take shelter. You are in a Strike Zone.
- All athletes/officials/spectators should seek safe shelter
 - Safe structures are ones that are fully enclosed with plumbing, telephone, or electrical to ground the structure.
 - Fully enclosed automobiles or buses with the windows up. No golf carts or convertible cars.
 - If no suitable shelter available avoid tall objects (trees, light poles, etc.) which allow an easy path to ground. In an open field crouch with legs together, weight on the balls of feet, arms wrapped around knees, and head/ears covered to minimize contact with the ground.
- Play/Practice will not resume for at least 30 minutes after the last strike of lightning within five (5) miles.
- The “My Lightning Tracker” app is available online for real-time lightning tracking.