



Trumbull High School Athletic Medical Emergency Action Plan

(Revised October, 2022)



By Daniel Searles ATC/LAT

Jenna Rousso ATC/LAT

Mike King, Director of Athletics

Trumbull High School Athletic Emergency Action Plan

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Overview of the Emergency Action Plan

Emergencies (life and non-life threatening) situations may arise during athletic practices and competitions. Prompt and safe handling of the emergency situation is necessary for the protection of the athlete and helps provide the best possible care.

Emergency Action Plan (EAP) preparation and safety of the athletes begins with the athletic trainers, training in basic first aid, CPR and AED certification for all coaches, emergency procedures before, during and after an event or practice, management of personnel (emergency and non-emergency), and equipment and materials. Hopefully through training, careful screening of the athletes, coverage of athletic events, safe practice and training techniques some situations can be avoided and when they do occur the situation will be handled safely. Not all injuries are considered emergencies; the EAP will cover procedures for reporting non-emergency injuries to the athletic trainers. This plan will serve as a guideline for the management of emergency as well as non-emergency situations at Trumbull High School, Trumbull Connecticut.

Being prepared is of the utmost importance in successful management of any emergency. It is crucial that all members of the Athletic Department and emergency personnel take ownership and responsibility for this Emergency Action Plan. This plan will be revised as venues are changed or added, additional emergency equipment is added, and additional personnel are added. Yearly review and situational practice of this plan will ensure that all members are adequately trained and prepared for an emergency. The Emergency Action Plan should serve as a skeleton of personnel, roles, and communication, but should not in any way limit a provider's reasonable variance from this plan in order to manage an emergency appropriately.

Athletic Trainer Vision Statement

The vision for the Athletic Trainers at Trumbull High School is to help ensure that the athletes enjoy a safe and happy playing career. We strive to give quality care to all Trumbull High School athletes out on the practice and game fields each and every time. The Athletic Trainers strive to add to the community of Trumbull High School, and promote quality from all members of the sports medicine team.

Athletic Trainer Mission Statement

“Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. (<http://nata.org/athletic-training>)”

Communication of Emergency and

Non-Emergency Injuries:

Timely activation and effective communication is vital to the successful management of any emergency or non-emergency. It is important that each member of the emergency response team be familiar with methods of emergency communication.

1. Athletic Trainer

a. Emergency

- i. Athletic trainers and the Athletic Director will be notified of any athletic emergency and non-emergency situation
- ii. Athletic trainers will notify emergency services if the situation calls for activation of EMS
- iii. If the Athletic Trainer is unable to call, a coach will be delegated this responsibility

- iv. Other emergency/administrative personnel will help with crowd control or assist as needed depending on the situation.
- v. Parents will be notified by either Athletic Trainer or coach of situation
- b. Non-Emergency
 - i. If possible the Athletic Trainer will be notified to take care of this situation
 - ii. If qualified, the Coach can take care of non-emergencies if an Athletic Trainer is not present.
 - iii. If Coach or other qualified personnel take care of a non-emergency situation, an Athletic Trainer should be notified in a timely manner

2. Student Athletic Trainer

- a. Emergency (Athletic Trainer Present)
 - i. Support Athletic Trainer in the needs of caring for the injured athlete
 - ii. Keep the crowd under control and assist the Athletic Trainer
 - iii. Have one student athletic trainer or coach meet EMS at the door or entrance to guide them to the injury scene
- b. Non-emergency
 - i. Support the Athletic Trainer in the needs of caring for the athlete

3. Coaches

- a. Emergency (Athletic Trainer Present)
 - i. Support Athletic Trainer in the needs of caring for the athlete
 - ii. Keep the crowd under control and assist the Athletic Trainer
 - iii. Have one coach meet EMS at the door or entrance to guide them to the injury scene
 - iv. Make sure the parents have been notified of the situation by either the Athletic Trainer or coach
 - v. If athlete needs to be transported by EMS to hospital, either the parent should be meeting them at the hospital or a coach should be accompanying the athlete
- b. Non-emergency

- i. If the athlete requires transport not via EMS to hospital or Physician, a parent should transport the athlete

**1. Coaches or Students can not transport athletes for injuries.
If parent is unavailable and immediate care is needed then
911/EMS should be contacted**

4. Administration

- i. Support Athletic Trainer in the needs of caring for the athlete
- ii. Keep the crowd under control and assist the Athletic Trainer

Contact Phone Numbers

- **Athletic Trainer:** Daniel Searles 203-209-6769
Jenna Rousso 203-394-1901
- **Director of Athletics:** Mike King 203-610-2084
- **Director of Athletics Secretary:** Jen Kehley 203-452-4557
- **Nurse:** Colleen Mannings, Mairead Keating, Stephanie Sullivan 203-452-4556
- **Principal:** Marc Guarino 203-452-4531
- **Team Physician:** Dr. James Spak – Connecticut Orthopedics 203-268-2882

Emergency Equipment

Appropriate emergency equipment is located in close proximity to the athletic trainers for competitions and practices. Personal protective equipment (PPE) and CPR masks are carried with the athletic trainers and in coach's medical kits (gloves and CPR masks) while at a practice or competition. Additional emergency equipment is contained in the athletic training room or on the Gator. Vacuum splints and cervical collar are located in the athletic training room for indoor events, and taken outdoors for practices and competitions in accordance with the possible risk of injury. All coaches and athletic training staff should be familiar with the location of the AED(s).

1. EMS
2. AED
3. Emergency Oxygen
4. Foam Vacuum Splints
5. PPE
6. CPR Masks/Bag Valve Mask
7. Cold Water Immersion Tub
8. Cervical Collar
9. Facemask removal tools

Emergency Medical Services

Emergency Medical Services (EMS) will be expected to bring their own equipment to the scene. Depending on the situation, a backboard, a cervical collar, a gurney, and other devices will be employed to tend to the athlete. Athletic Trainers will be the first to help the EMS as needed. Coaches may be asked to help with equipment under the supervision of EMS.

AED Triage Plan

Purpose: To establish a plan for location of the fixed and portable AED's that are housed on the Trumbull High School campus. 6 fixed AED's are located inside the school. One is located just outside the front right side of the gym on the wall, one is located outside the front entrance of the media center, one is outside the main office. There are two upstairs, one in B hall outside B27 and one in A hall outside A 30. Both are located right outside the media center. There is another one located outside the nurses' office in M wing. Portable AEDs are kept with the athletic trainers and stored in the Black and gray Emergency bags which are stored either in the athletic training room (during the winter season) or on the gator or toro (stored in the Garage during the fall and spring seasons). There is a black case that is stored in the athletic training room and can also occasionally be found on cart the AD or site manager is using, during large outdoor events

that also contains and AED. This plan is for utilization of the AEDs that are maintained by the athletic training staff (portable) and nurses (fixed).

Personnel: Certified Athletic Trainers will be responsible for ensuring that the portable AED is incorporated into the sideline equipment according to this triage/priority plan.

Rationale: The AED has been shown to be invaluable in emergency medicine and has been shown to be effective in treating cardiac arrhythmias caused by various mechanisms.

Cardiac contusion has been recognized as an arrhythmia that can be successfully treated with and AED. This injury has the highest risk of occurrence in softball and baseball when a hard object may come in contact with the chest at a high rate of speed. Cardiac arrhythmias are also linked to the non-athletic population, such as referees and bystanders at athletic events. Other sudden cardiac events can occur in the athletic population without warning signs in what are considered otherwise healthy athletes. The AED has come to be recognized as part of the athletic trainers' sideline equipment. The plan below is written so that this piece of equipment is located at the location where it can possibly make the most impact.

Plan: The athletic trainers will be in possession of the portable AEDs. They will consider the above scenarios where an AED may be needed. The following factors should be taken into account when determining where the Athletic Trainer will be with this valuable resource:

- 1) Nature of event, e.g. impact vs. non-impact risk
- 2) Number of participants and bystanders
- 3) Environmental conditions, i.e. lightning, heat, cold
- 4) Number and location of other athletic events occurring at the same time
- 5) Proximity to fixed AED's
- 6) On-campus vs. off campus events

The athletic trainer should use his or her best judgment when determining where to place the AED's when multiple events require it, using the above considerations and the guidelines below.

- 1) The AED should be located outdoors when one or more outdoor events (practices or games) are occurring.
- 2) The best location may be on the gator or toro so that it can be quickly transported to the necessary location.

Foam Vacuum Splints

Foam Vacuum splints are used for the immobilization of an injury to an extremity. They will be used if a fracture or break in a bone is deemed unstable for transportation. The vacuum splints are in Red and yellow bags and are stored either on the gator/toro (fall and spring seasons) or under the treatment tables in the athletic training room (winter season).

Personal Protection Equipment

Personal Protection Equipment (PPE) includes gloves, and other barrier devices used in treating an athlete's injury. They will be worn when treating an athlete, and when there are biological hazards. Each coach's medical kit along with the athletic trainer's medical kit has gloves. The athletic training room has extra gloves and other barrier devices.

Emergency Oxygen

Supplemental oxygen is used to aid a person having difficulties breathing. EMS/EAP is always activated whenever this is used. This will be kept in the gray and black bags on the Gator and toro (Fall and Spring) or in the ATR under the treatment table (during the winter)

CPR Masks/Bag Valve Mask

CPR Masks and bag valve masks are used during CPR and rescue breathing. They are used to protect the person giving and receiving CPR and rescue breathing from biological hazards. Barriers are located in the coaches medical kits and the athletic trainers medical kit. The bag valve mask is kept with the AED in the black and gray emergency bags either in the athletic training room (winter season) or on the gator/toro (fall and spring season).

Cold Water Immersion Tub

A cold-water immersion tub is used when treating heat related illnesses when the core body temperature needs to be decreased. The tub will be kept in the water/ice room and will be filled with ice and water whenever high temperature/humidity occurs.

Cervical Collar

A cervical collar is used when a cervical neck injury has occurred and immobilization is needed for the injury. It will be kept in the black and gray emergency bags either on the gator/toro (fall and spring season) or the athletic training room (winter season).

Facemask removal tool (I.e. Trainer Angels, FM Extractor, Screw Driver, Screw Gun, Leatherman shears)

Facemask removal tools are used when a face mask or helmet needs to be removed due to an injury. These tools are kept in a small black sling bag which will be with the athletic trainer's medical kit on the gator/toro.

Emergency Personnel:

In almost every instance, a certified athletic trainer will be on site for weekday home practices and weekday or weekend competitions and will be the primary emergency care provider. If these personnel are not on-site, a coach will be the first responder and will have access to emergency communication as outlined by the venue plan.

Emergency Management Team Personnel

- Athletic Trainer
- Student Athletic Trainer
- Coach
- EMS/EMT
- Athletic Administration
- Team Physician (if present)

Roles of the Emergency Management Team

- **The first role** of the team is immediate care of the injured or ill athlete. The most qualified personnel on the scene will assume this role. This will include basic and advanced CPR and first aid techniques.
- **The second role** in an emergency situation is the activation of Emergency Medical Services. This should be done as soon as the situation is deemed an emergency or life-threatening event. The person responsible for immediate care of the athlete will designate one person to fill this role. The person chosen to perform this duty should be someone who is calm under stressful situations, and can speak clearly. This person needs to have a thorough understanding of the location of the emergency and type of emergency. They should remain as close to the patient as possible while talking to the dispatcher as they may ask questions. Information to be provided to EMS is listed on the Venue Specific Emergency Plan.

- **The third role** is retrieving the proper emergency equipment. This may be done by anyone on the emergency team, but should be someone who is familiar with the location of emergency supplies and the types of emergency supplies. The coaching staff will be instructed on where emergency equipment is located within the athletic training rooms ideally in a non-emergent setting.
- **The fourth role** of the team is direction of the EMS team to the emergency scene. This may or may not be the same person who was responsible for activation of EMS. This person should be able to move quickly, and have an understanding of emergency access to the facility. Emergency access routes are listed on the Venue Specific Emergency Plan.

Role of the Athletic Trainer:

The athlete trainer will access the scene and injured person/athlete and determine the proper course of treatment. They will also make sure to activate EMS/EMT if the situation requires. If need be, the athletic trainer will give the responsibility to another member of the emergency management team who should follow the instructions written above in the second role. Athletic Trainers will treat the athlete's injury until EMS arrives. The athletic trainer will report the situation to the EMS personnel who arrive on scene. Then assist as needed to help EMS in treating the athlete.

Student Athletic Trainer

The student athletic trainer will always be in direct supervision of the athletic trainer and will help assist in the treatment of the athlete by helping retrieve the equipment necessary for treatment. Also, they may have the responsibility of calling and activating EMS/EMT services. For instructions on how to speak to these services, follow the above written instructions for the second role. A student athletic trainer may need to meet the EMS outside the door or location to lead them to the injured athlete if the athletic trainer is unable to do so.

Coaches

The coach will help assist in the treatment of the athlete by helping retrieve the equipment necessary for treatment. Also, coaches may have the responsibility of calling and activating EMS/EMT services. For instructions on how to speak to these services, follow the above written instructions for the second role. A coach will need to meet the EMS outside the door or location

to lead them to the injured athlete if the athletic trainer is unable to do so. Coaches will also have the responsibility of keeping the players and parents away from the scene.

EMS and EMT

Emergency Medical Services and Emergency Medical Transport will arrive if the situation arises where their presence is required. They bring their own equipment to the scene and may also utilize the equipment we have on hand. All roles will be helping EMS and EMT if they request assistance in treating the athlete. They will treat the patient on scene and en route to the hospital.

Athletic Administration

Administration will be notified if a medical emergency occurs. They will help control the scene keeping parents and other athletes away and activate EMS/EMT services if needed.

Inclement Weather and Fire Safety

Trumbull Public School Policy 4139/Staff Health and Safety: Appendix A: Procedures for canceling outdoor Events due to Poor Weather Conditions, Outdoor Events and Lightning.

- The keys to lightning safety are education and prevention. Education begins with learning appropriate lightning safety tips. Prevention of lightning injuries or casualties should begin long before any outdoor event. This section below will outline lightning safety terminology, procedures, and decision-making.

Outdoor Event Procedures- Trumbull Public Schools Responsibilities

Prior to Outdoor Events

1. Establish a chain of command that identifies who is to make the call to remove individuals from a field if necessary. One person should be selected as the lead contact and should be selected by the head of the organization hosting the event. This can be the individual who reserves the field or a coach at the event.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous) on game/practice day. This person can be named earlier in the year for the entire year or on the day of the event by the hosting organization. See section below titled “Evaluating a Lightning Event” for information about determining if an event should be

- canceled.
3. Have a means of monitoring local weather forecasts and warnings.
 4. Designate a safe shelter for each venue that can be used in case of a lightning event.

Evaluating a Lightning Event

Timing of Lightning: Lightning strikes to individuals are rare, but can be deadly. It is also the most consistent and significant weather hazard that may affect athletic participation. The National Severe Storms Laboratory recommends that athletic participation cease when lightning is detected within 6 miles. For our purposes this will be indicated by either a 30 second flash-to-bang count as assessed by an ATC (certified athletic trainer) or as indicated by the Skyscan Unit. This information will be supplemented by monitoring of the Weather Channel as well as local news reports for storm warnings. The decision to delay practices or games for each team that is training/competing outdoors will be relayed by an ATC or athletic administrator electronically, verbally and/or through the use of an air horn.

Flash-to-Bang: To use the flash-to-bang method, begin counting as soon as a lightning flash is seen. Counting is stopped when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of thirty seconds equates to a distance of six miles. Lightning has struck from as far away as 10 miles from the storm center. "If you hear it, if you see it, flee it" Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest, (irrespective of whether lightning is seen or thunder is heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.

Skyscan: The Skyscan unit is an electronic portable lightning/thunderstorm detector. It is able to detect lightning and thunderstorm activity as far as 40 miles away. The unit will indicate lightning activity at ranges of 20-40 miles, 8-20 miles, less than 8 miles, and less than 3 miles away.

This information will be supplemented by monitoring of the Weather Channel as well as local news reports for storm warnings. There are also phone apps that will be used to help monitor any storms and lightning activity in the area. The decision to delay practices or games will be announced by radio contact to each sport that is training/competing outdoors. There will also be ATCs and athletic administrative staff clearing the fields of all participants if needed.

Day of Event

1. For thunder, use the flash-to-bang count to determine when it is time to go to safety. By the time the flash-to-bang count approaches thirty seconds all individuals should already be inside a safe structure.
2. If activities are to be suspended, the hosting organization will contact visitors (i.e., teams

or groups from other schools) to leave the field and seek shelter (see “Actions of Teams below).

3. Make the following announcement to spectators via loudspeaker or megaphone:
“Attention ladies and gentlemen, unsafe weather conditions have been detected. The game/event will be suspended until all lightning activity has passed. The National Severe Storm Laboratory recommends that during thunderstorms people take shelter inside the school. If you do not choose to go inside the school, then please go inside your vehicle with a solid metal roof as a safe alternative. If you are unsure of the appropriateness of your automobile, please seek shelter inside immediately.
4. Team point of contact will ensure the field is clear.
5. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Actions of Teams: When the decision has been made to delay participation, teams will report to a safe structure. A safe structure defined as “any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure”. Teams will remain within these structures until thirty minutes after the last bolt of lightning has passed or the last sound of thunder was heard. If teams cannot get inside a building, coaches need to use good judgment and get the members of their team protected as best as possible (ex. in vehicles, under portico’s, etc.).

National Athletic Trainers Association Position on Lightning Safety

National Athletic Trainers’ Association Position Statement: Lightning Safety for Athletics and Recreation

“The National Athletic Trainers’ Association recommends a proactive approach to lightning safety, including the implementation of a lightning-safety policy that identifies safe locations for shelter from the lightning hazard. Further components of this policy are monitoring local weather forecasts, designating a weather watcher, and establishing a chain of command. Additionally, a flash-to-bang count of 30 seconds or less should be used as a minimal determinant of when to suspend activities. Waiting 30 minutes or longer after the last flash of lightning or sound of thunder is recommended before athletic or recreational activities are resumed. Lightning safety strategies include avoiding shelter under trees, avoiding open fields and spaces, and suspending the use of land-line telephones during thunderstorms. Also outlined in this document are the prehospital care guidelines for triaging and treating lightning-strike victims. It is important to evaluate victims quickly for apnea, asystole, hypothermia, shock, fractures, and burns. Cardiopulmonary resuscitation is effective in resuscitating pulseless victims of lightning strike. Maintenance of cardiopulmonary resuscitation and first-aid certification should be required of all

persons involved in sports and recreational activities.” (*Journal of Athletic Training* 2000; 35(4):471–477)

Off Site Storm and Emergency Shelters

- Indian Ledge Turf Field
 - All athletes and spectators should report to the bathrooms at the entrance of the parking lot ,if open, the teen center building or return to their cars or buses.
- Tashua Knolls Golf Course
 - All athletes and spectators should return to the club house or return to their cars/buses
- Shelton Rinks and Next Dimensions
 - The sports that participate at these venues are inside sports and the athletes should stay inside the building
- In the case of a Tornado all athletes and spectators need to enter the closest building with electrical or plumbing, staying away from doors or windows and get on your hands and knees, head to the wall with your hands covering your head and neck. If shelter of this sort is not possible, use good common sense and get to the most protected place possible (Ex. vehicles, portico’s, etc.).

On Site Storm and Emergency Shelters

- Inside Events: All athletes and spectators should remain inside the school building.
- Outside Events: All athletes and spectators should return to the closest entrance of Trumbull High School and stay inside. If the school is closed, athletes and spectators should return to their buses or cars.
- In the case of a Tornado all athletes and spectators need to enter the closest building with electrical or plumbing, staying away from doors or windows and get on your hands and knees, head to the wall with your hands covering your head and neck.

Fire Emergencies

Evacuation of Indoor On or off Campus Locations: Exit the space/room through the nearest exit/emergency exit as quickly as possible. Once the building in exited move as far away from the building as possible

Evacuation of Outside Venues: Move as far away from the fire as quickly as possible to a safe place, i.e. car, bus, school or building.

Emergencies for Trumbull High School Athletics

Outside Venues on Trumbull High School's Campus

(Football, Soccer, Lacrosse, Field Hockey, Cross Country, Baseball, Softball, Tennis and Track practice or games)

Emergency Personnel:

- Certified Athletic Trainer (ATC) on site for all games and most practices
- Student Athletic Trainer
- CPR/First Aid Trained Coaches
- Athletic Administrator
- Municipal EMS Crew on site with an ambulance for all varsity football games.
- Team Physician on site for all home football games.

Emergency Communication:

- Certified Athletic Trainers will have a wireless phone and Walkie Talkie (during the fall and spring season only) on their person at all games and practices being covered.

Emergency Equipment:

- Supplies will be located on the Gator/toro
 - Biohazard container/supplies
 - CPR Mask/Bag Mask Valve/supplemental oxygen
 - Vacuum Splints
 - Facemask Removal Equipment for football
 - AED
 - Cervical Collar
- Additional Athletic Training emergency supplies available in athletic training room

Ambulance Access/Directions: 72 Strobel Rd Trumbull CT 06611 (Map pages 25)

- McDougall Stadium: EMS will enter either through the scoreboard gate (can drive down Hillcrest Middle School Entrance from Daniels Farm Road) or Main Gate (Near Coaches Parking lot and via Strobel Road)
- Varsity Grass Field, JV Grass Field, Varsity Baseball Field, Cross Country Course: Enter through Gate between Tennis Court and Varsity Baseball Field in

the back of the High School (may use Hillcrest Middle School entrance or Strobel Rd entrance)

- ❑ Varsity Softball, JV Softball, Upper Practice Grass Field, Pit Field, Drive to access to JV Softball field: Enter through gate behind Hillcrest Middle School.
- ❑ JV Softball Field: Walk through the opening behind the backstop.

All Grass Fields can be accessed through either the gate behind Hillcrest Middle School or the gate between the Tennis Courts and Varsity Baseball Fields but lists about if for closest gate to Field.

- ❑ Tennis Courts: Can be accessed from parking lot in the rear of THS

Inside Venues on Trumbull High School Campus **(Wrestling, Basketball, Volleyball, Weight Room, Cheerleading)**

Emergency Personnel:

- ❑ Certified Athletic Trainer (ATC) on site for all games and most practices
- ❑ Student Athletic Trainer
- ❑ CPR/First Aid Trained Coaches
- ❑ Athletic Administrator.

Emergency Communication:

- ❑ Certified Athletic Trainer will have wireless phone and Walkie Talkie (during the fall and spring seasons only) on their person at all games and practices being covered.

Emergency Equipment:

- ❑ Supplies will be located on the Gator (during the fall and spring seasons) and in the Athletic Training Room (during the winter season)
 - Biohazard container/supplies
 - CPR Mask/Bag Mask Valve
 - Vacuum Splints
 - Facemask Removal Equipment for football
 - AED
 - Cervical Collar
- ❑ Additional Athletic Training emergency supplies available in athletic training room

Ambulance Access/Directions: 72 Strobel Rd Trumbull CT (Map Page 24)

- ❑ Main Gymnasium: Enter through door 1 for entrance to the front of the gymnasium, which will be on the right.

- ❑ Small Gymnasium: Enter Door 11 (take a left once in door) or Door 12 (take a right once in door) or side gymnasium doors for entrance to small gymnasium.
- ❑ Weight Room: Enter Door 1 and enter the boys locker room/Athletic Department hallway on the right and weight room will be on the right
- ❑ Cafeteria (Cheerleading Practice): Enter door 1 or 2, walk straight down hallway
- ❑ Athletic training room door is number 27 on the stadium side of the school

Events That Occur off Campus

(Swimming - Hillcrest Middle School Trumbull; Ice Hockey-Shelton Rinks; Cheerleading -Gymnastics and Cheerleading Academy in Fairfield; Gymnastic-Next Dimensions Gym in Trumbull; Indian Ledge events-Trumbull, Tashua Knolls Golf Course- Trumbull)

Emergency Personnel:

- ❑ Certified Athletic Trainer is not on site for practices
- ❑ Certified Athletic Trainers will cover all hockey games and most Indian Ledge Games only
- ❑ Student Athletic Trainer
- ❑ CPR/First Aid Trained Coaches
- ❑ Athletic Administration

Emergency Communication:

- ❑ Certified Athletic Trainer will have a wireless phone on their person at all games being covered.

Emergency Equipment:

- ❑ Supplies being Carried by Athletic Trainer
 - Biohazard container/supplies
 - CPR Mask/Bag Valve Mask
 - Facemask Removal Equipment for Ice Hockey
- ❑ Supplies that **MAY** be Carried by Athletic Trainer
 - Vacuum Splints
 - AED
 - Cervical Collar
 - Supplemental oxygen

Ambulance Access/Directions to Hillcrest MS-530 Daniels Farms Road Trumbull CT 06611
(Map page 25)

- ❑ To access the pool drive along the front of the school and down the right side of the building to the small pool parking lot. Enter through the middle 2 doors (Doors 13 and/or 14) to enter the pool deck.

Ambulance Access/Directions to Gymnastics and Cheerleading Academy- 85 Mill Plain Rd Fairfield CT (Map Page 26)

- ❑ Once you enter the Sportsplex complex from Mill Plain Rd drive straight to the rear of the complex. The Gymnastic and Cheerleading Academy will be close to the end of the complex building on the left. Enter the front door then go through the door on the right to enter the gymnastics area.

Ambulance Access/Directions to Next Dimension Gymnastics- 25 Linderman Dr (Off Of Reservoir Ave) Trumbull CT (Map Page 27)

- ❑ Drive to the back of the complex and the entrance is to the left of Planet Fitness.

Ambulance Access/Directions to Indian Ledge Park-307 Indian Ledge Park Road(off of Whitney Avenue) Trumbull CT (Map Page 28)

- ❑ Once you turn on Indian Ledge Park Road from Whitney Avenue, follow it until you see the bathrooms on your right. Turn just before the bathrooms into a parking lot. Drive to the end of the parking lot to the turf field.

Ambulance Access/Directions to Shelton Rinks/Sports Center of CT-784 River Road Shelton CT (Map Page 29)

- ❑ Lower Rinks-Enter the front of the building and walk straight ahead
- ❑ Upper Rinks-Enter the front of the building and just before doors to the lower rink is an elevator on the right. Take Elevator to the 2nd rear floor. Stairs for the Upper rink will be seen as soon as you enter the building.

Ambulance Access/Directions to Tashua Knolls Golf Course- 40 Tashua Knolls Lane(Off Of Tashua Road) Trumbull CT (Map Page 30)

- ❑ Drive to the end of Tashua Knolls Lane to the Club house to be directed to injured person

Cardiac Arrest Protocols

Cardiac Emergency (All Recognition and treatment should be in accordance with CPR/AED Training) :

School Staff should recognize signs and symptoms of an cardiac emergency which may includes: Loss of consciousness, chest pain, shortness of breath, diaphoresis(sweating), nausea, vomiting, dizziness or anxiety

Treatment:

1. Check and monitor ABC's (airway, breathing and circulation)
2. If determined person is in Cardiac emergency:
 1. Call 911
 2. Start CPR
 3. Have someone retrieve AED and use as soon as possible
 4. Continue CPR care until EMS arrive

Respiratory Emergency (All Recognition and treatment should be in accordance with CPR/AED Training):

School Staff should recognize signs and symptoms of a respiratory emergency which may include: shortness of breath, wheezing, spasm, persistent cough, blood in sputum

Treatment:

1. Check and monitor ABC's (airway, breathing and circulation)
2. Encourage athlete to take prescribed medication
3. Calm athlete and encourage slow deep breathing
4. If an athlete is unable to breathe, loses consciousness or breathing does not improve after medication or with slow deep breathing, 911 should be called.

Concussion Protocols

The coach of any intramural or interscholastic athletics shall immediately remove a student athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion may have occurred. Upon such removal, a qualified school employee, coach, athletic trainer, athletic director shall notify the student athlete's parent or legal guardian that the student athlete has exhibited such signs, symptoms or behaviors consistent with a concussion or has been diagnosed with a concussion. Such qualified school employees shall provide such notification not later than twenty-four hours after such removal and shall make a reasonable effort to provide such notification immediately after such removal.

(2) The coach shall not permit such student athlete to participate in any supervised team activities involving physical exertion, including, but not limited to, practices, games or competitions, until such student athlete receives written clearance to participate in such supervised team activities involving physical exertion from a licensed healthcare professional trained in the evaluation and management of concussions.

(3) Following clearance from the healthcare professional, the coach shall not permit such student athlete to participate in any full, unrestricted supervised team activities without limitations on contact or physical exertion, including, but not limited to, practices, games or competitions, until such student athlete (A) no longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion, and (B) receives written clearance to participate in such full, unrestricted supervised team activities from a licensed healthcare professional trained in the evaluation and management of concussions.

(c) For purposes of this section, “licensed healthcare professional” means a physician, a physician assistant, an advanced practice registered nurse or an athletic trainer.

Brain & Spinal Cord Injury Protocols

The following guidelines will be followed to determine that 911 is immediately called and EMS transport of suspected spinal injuries. Athlete presenting with one or more of the following will be transported to a hospital by EMS:

1. Abnormal level of consciousness or progressive loss of consciousness; 2. Obvious swelling or deformity of the spine; 3. Spinal pain or tenderness; 4. Neurologic signs or symptoms; 5. Pain, stiffness, or neurologic symptoms with active range of motion; 6. Any doubt concerning injury.

1. Once it is determined EMS is needed, 911 will be called and appropriate school staff will keep the athlete/person calm, still and Monitor ABC’s (airway, breathing and circulation) until 911 arrives.

2. Parents and administration will be notified as soon as possible.

Heat and Cold Injury Protocols

School Staff should recognize signs and symptoms of heat injuries that may include: Dizziness, blurred vision, fast breathing or heart rate, fatigue, headache, fainting or lightheadedness, vomiting, muscle cramps, and/or Altered mental status.

Treatment:

1. Remove from the sun and heat
2. Remove any tight clothing
3. Encourage them to drink water

4. Lower the person's internal core temperature by placing them in a cold water tub, placing ice or cold towels on neck, groin, wrist and chest areas.
5. Monitor ABC's(airway, breathing and circulation)

When to contact 911:

1. Altered mental status such as being combative, memory loss, disorientation or confusion
2. Loss of consciousness

Cool first then transport:

In the case of heat related illness, the revised protocol is to cool the athlete first, then transport the individual later. Use the cold-water immersion tub filled with ice water to cool the athlete. If a cold-water immersion tub is not available use ice, water, wet towel or whatever is available to cool the athlete. When the EMT arrives, they should make sure that the individual's temperature has returned to normal prior to transporting them to the hospital.

Cold Weather Injuries:

School Staff should recognize signs and symptoms of cold weather injuries that may include: Shivering, exhaustion, difficulty using extremities, memory loss, drowsiness, skin that appears waxy, red or blue/purple

Treatment:

1. Athlete should be removed from the cold and windy areas and placed into a warm environment
2. Remove any wet clothing
3. Use blankets or other dry clothing to prevent any more heat and help the body's temperature to recover
4. Offer warm liquids
5. Monitor ABC's(airway, breathing and circulation)

When to contact 911:

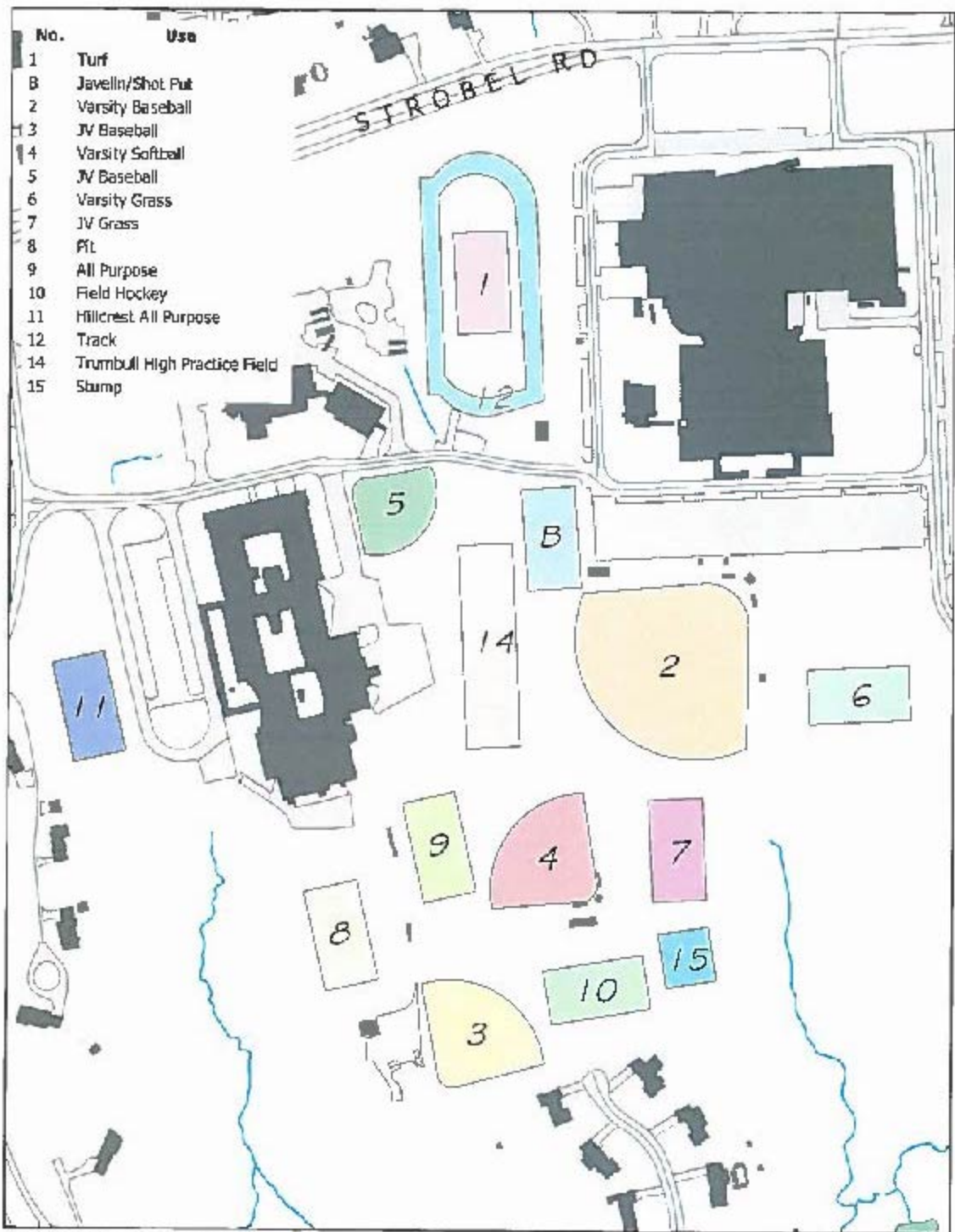
1. Altered mental status
2. Loss of consciousness
3. Loss of feeling or change in skins color to purple/blue

Roles of First Responders:

1. Immediate care of the injured or ill athlete:
 - a. Primary survey:
 - i. Survey the scene for hazards to first responder
 - ii. Check for Airway. If not breathing, reposition the head and listen again. If still no breath, perform chin-lift maneuver and give two

- breaths via mouth to mask. If breaths do not go in, reposition the head and attempt two more.
- iii. Check for pulse at carotid, brachial or radial pulse points. If there is no pulse present, begin chest compressions at a rate of 100 per minute at a ratio of 30 compressions to 2 breaths. If AED is available, use it immediately.
 - iv. If breath and pulse are present, continue to monitor both until EMS arrives.
- b. Secondary survey:
- i. Evaluate level of responsiveness, determine if the athlete is alert and oriented, responds to verbal stimuli, responds to pain, or is unresponsive.
 - ii. Perform a brief physical exam, looking for open wounds, deformity, or tenderness.
2. Emergency Equipment Retrieval:
- a. All med kits and ATCs will have CPR masks and gloves. Facemask removal equipment and biohazard protection can be found in ATC sling bags and kits. Additional emergency equipment available on sidelines, in the ATR or with EMS.
3. Activation of Emergency Medical System (EMS)
- a. EMS Crew will be signaled for assistance during varsity football games via a walkie talkie.
 - b. In the event that the EMS crew is called away during the varsity football game or emergency occurs during a practice:
 - i. From campus landline phone: **Call 9911**
 - ii. From wireless phone or other venues: **911**
 - iii. Give the following information:
 1. Emergency is at Trumbull High School at McDougall Stadium (Or other site at THS or other off site venue)
 2. Age and sex of injured individual
 3. Condition of injured; breathing/not breathing, conscious or unconscious, basic description of injury.
 4. First aid treatment being given; CPR, etc.
 5. Relevant medical history or any other information requested by dispatcher
 6. Hang up last.
 7. ***NOTE* You may be transferred a few times, make sure to repeat this info to each dispatcher**
 - c. After EMS has been notified, make sure there is assistance with crowd control.
4. Direction of EMS to scene
- a. Ambulance access – Which field/room the emergency is at and which gate/door they should enter

- b. Designate an individual to flag down EMS crew and direct them to the proper gates and scene.
- c. Scene Control: Limit the scene to first aid providers and medical personnel. Move bystanders away from the area to allow EMS clear access.



Trumbull Engineering Department

1 inch = 260 feet