

Georgetown Preparatory School Athletics
Emergency Action Plan
2024-2025

Additional Emergency Services	Number
Montgomery County Non-Emergency	301-279-8000
Poison Control	800-222-1222
Suicide and Crisis Hotline	988

Local Medical Facilities

Hospital	Care	Phone	Address
Suburban Hospital *Closest	Level 2 Trauma/Ortho	301-896-3100	8600 Old Georgetown Rd Bethesda, MD 20814
Medstar Washington	Level 1 Spine and Trauma	202-877-7632	110 Irving St NW, Washington DC
Children's National Medical Center	Level 1 Pediatric Trauma	202-476-5000	111 Michigan Ave NW, Washington DC
Holy Cross Hospital	Emergency	301-754-7000	1500 Forest Glen Rd Silver Spring, MD 20910
Medstar Montgomery General	Emergency/Ortho	301-774-8882	18101 Prince Philip Dr, Onley, MD 20832

Virginia Hospital Center	Emergency/Ortho	703-558-5000	1701 N George Mason Dr, Arlington, VA 22205
MedStar Health: Urgent Care	Urgent Care 8 AM-8 PM	855-910-3278	12220 Rockville Pike Rockville, MD 20852

Chain of Command

Team Physician
 Certified Athletic Trainer
 Emergency Medical Technicians
 School Registered Nurses
 Athletic Director
 Administrator
 Head Coach
 Assistant Coach

The highest person in the chain of command who is present at a scene will be designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the patient until EMS arrives.

Roles of Emergency Personnel

Team Physician

1. Notify immediately in the event an athletic emergency arises while they are on campus
2. Responsibilities
 - a. Notify their presence to referees and visiting team's coaches/athletic trainer prior to each contest
 - b. Evaluate the scene and provide appropriate care
 - c. Communicate with athletic trainer decision to activate EMS and EAP

Certified Athletic Trainer

1. Notify immediately in the event an athletic emergency arises on campus

2. Responsibilities
 - a. Notify their presence to referees and visiting team's coach/athletic trainer prior to each contest
 - b. Evaluate the scene and provide appropriate care
 - c. Activate EMS or instructing athletic director or coach to call
 - d. Assign coach to notify athletic director and or supervisor that EMS has been activated

Athletic Director

1. Notify immediately in the event an athletic emergency arises on campus
2. Responsibilities
 - a. Open appropriate entrances and meet emergency personnel arriving on campus
 - b. Direct emergency personnel to the emergency location
 - c. Assist athletic personnel as needed in an emergency

Coaches

1. Responsibilities
 - a. Act as First Responder when athletic trainer is not present
 - b. If the athletic trainer/athletic director is not readily available, call 911.
 - c. Assign a bystander (if present) to notify athletic trainer/athletic director that EMS has been activated.
 - d. Assist in an emergency situation by keeping the players and surrounding bystanders a significant distance from the scene of the injury.
 - e. Retrieval of additional emergency equipment
 - f. Assist athletic trainer and athletic director as instructed.

Georgetown Prep Injury/Illness Protocol

In the event of an injured athlete the athletic trainer and team physician will attend to the injured athlete, providing appropriate care. If it is determined that emergency medical services (EMS) are needed, the designated personnel will activate EMS. The athletic trainer and physician will provide appropriate care prior to the arrival of EMS. Once EMS arrives on the scene they will assume control of transporting the athlete off the field and to the appropriate location. When a situation arises that requires EMS, the athletic training staff will initiate the Emergency Action Protocol (EAP).

1. Events or practices held at Georgetown Prep

Medical Emergencies

- a. If an athletic trainer is present
 - i. They will make the initial evaluation and determine the severity of the situation
 - ii. Activate the EAP and EMS
 - iii. Provide care/monitor vital signs
 - iv. Notify athletic director, administration, parents
 - v. Complete injury report
 - vi. Provide follow up care as necessary
- b. If an athletic trainer is not present
 - i. Head coach, athletic director or other administration will evaluate and determine the severity of the situation and notify the AT staff immediately
 - ii. Activate the EAP and EMS
 - 1. Situations when 911 should be called**
 - a. Athlete is not breathing**
 - b. Athlete has lost consciousness**
 - c. Suspected neck or back injury**
 - d. Obvious or open fracture**
 - e. Severe heat exhaustion or suspected heat stroke**
 - f. Severe bleeding that cannot be stopped**
 - g. Lightning strike**
 - iii. Provide appropriate care, monitor vital signs
 - iv. Notify athletic trainer
 - v. Complete injury report
 - vi. Provide follow up care as necessary

Non-Emergencies

- a. Non emergencies include
 - i. Sprains, strains, concussion (with no loss of consciousness, illness, abrasions, contusions, etc.)
- b. If an athletic trainer is not present
 - i. Provide appropriate first aid care
 - ii. Notify athletic trainer immediately
 - iii. If applicable, send to the athletic trainer or athletic training room
 - iv. Complete injury report
 - v. Provide follow up care as necessary

2. Off- Campus Contests

Medical Emergencies

- a. If an athletic trainer is present, assist as necessary and follow host school EAP
- b. If the athlete needs to be transported, contact parents and notify the athletic trainer if not present. A coach/parent must be present with the athlete when they are transported.
- c. Complete injury report
- d. Provide follow up care as necessary

Non-Emergencies

(Able to return to Prep without immediate medical care)

- a. Provide appropriate first aid care or seek care from host athletic trainer
- b. Notify athletic trainer upon return to Prep
- c. Complete injury report
- d. Provide follow up care as necessary

Equipment

1. A defibrillator is located on the Prep home sidelines of all games with the athletic trainer at all home events.
2. A splint bag is located on the Prep home sidelines of all home games in the athletic trainer's cart.
3. A trauma bag is located on the Prep home sidelines of all home games that includes a cervical collar, CPR mask, bag valve mask, OPAs, NPAs, splints, bleeding control, etc.
 - a. A cervical collar will be brought by Montgomery county EMS should EAP be activated.

Communication

1. Primary communication between athletic trainers and physicians on the field will be through collaboration and as needed using cell phones
2. Primary contact with hospitals and any other service provider that is not on the field of play will be cell phones. The head athletic trainer and physicians will have their cell phones on with all contact information preloaded into the phone.

EAP Scenarios

1. Airway emergency

- a. Athletic trainers and team physicians will begin CPR
- b. The EAP will be activated
- c. EMS will be called by the assistant athletic trainer or designated coach
- d. The athletic trainers, team physicians and EMS will work together to ensure effective oxygenation and ventilation of the patient.

2. Allergic reaction

- a. Athletic trainers and team physicians will determine if the athlete is suffering from an allergic reaction.
- b. If it is determined the athlete requires treatment with epinephrine, the EAP will be activated and the athletic trainer or physician will administer the EpiPen.
 - i. EpiPens can be found in the athletic trainer's trauma bag, nurses office, and athletic training room
- c. EMS will be activated by the assistant athletic trainer or a designated coach
- d. The athlete will be transported via EMS to medical facility for further care

3. Cardiac Arrest

- a. Athletic training staff and team physicians will begin CPR
- b. The EAP will be activated and EMS will be called by the athletic trainer or designated personnel
- c. An AED will be brought to the scene by designated personnel
 - i. An AED can be found with the athletic trainer's trauma bag, or in designated locations around the facility
- d. Appropriate care will be continued until EMS arrives.

4. Cervical Spine

- a. If there is a suspected cervical spine injury, the athletic trainer will immobilize the head to maintain appropriate c-spine alignment. The athletic trainer and team physician will evaluate the athlete and determine a plan of care.
- b. The EAP and EMS will be activated by designated personnel
- c. The athlete's face mask will be removed by direction of the athletic trainer and team physician. The helmet and shoulder pads will not be removed.
- d. In the event that an athlete loses his helmet, EMS will apply a cervical collar and insert a foam pad underneath the athlete's head to maintain proper c-spine alignment.
- e. Shoulder pads will not be removed, unless CPR is needed.
- f. The athletic trainer immobilizing c-spine will lead control of spine boarding the player once EMS has arrived.
- g. The athlete will be transported by EMS to the appropriate medical facility. Team Internist will contact the appropriate Neurosurgeon.

5. Concussion/Seizure

- Suspected Concussion
 - Any athlete suspected of sustaining a head injury will be removed from participation immediately
 - Athlete will enter the concussion protocol testing to determine if they are allowed to return to play
 - will complete SWAY and VOMS testing as necessary
- Seizure
 - If there is a suspected seizure, athletic trainers and team physicians will move any objects out of the way that could cause harm to the athlete.
 - The athletic trainers or team physician will attempt to time the seizure.
 - Once the seizure is over, the athletic trainers and team physicians will assess and move the patient to the recovery position to monitor vitals and decide the plan of care.
 - If needed, the EAP and EMS will be activated.

6. Loss of Consciousness

- a. The athletic trainer and team physician will assess the athlete to determine if the athlete requires c-spine immobilization, airway, or circulation assistance.
- b. The EAP and EMS will be activated.
- c. The athletic trainer and team physician will provide appropriate care until EMS arrives.
- d. Pending diagnosis, athlete will be subject to the school's concussion protocol

7. Extremity Splinting

- a. The athletic trainers and team physician will assess and determine the need to splint.
 - i. The vacuum splints are located in the splint bag in the athletic trainer's cart. SAM splints are located in the athletic trainer's kit.
- b. The EAP and EMS will be activated if needed
- c. The athletic trainer and team physician will continue to monitor the athlete until EMS arrives.

8. Suspected Opiate Overdose

- a. The athletic trainer and team physician will assess for signs and symptoms of an opiate overdose
 - i. Pinpoint pupils, severe drowsiness, slow breathing, confusion, altered consciousness etc.
- b. Narcan will be administered

- i. Narcan can be found in the athletic trainer's trauma bag, Nurses office or athletic training room.
- c. The EAP and EMS will be activated by designated personnel
- d. The athletic trainer and team physician will move the athlete to the recovery position and provide appropriate care until EMS arrives

Exertional Heat Illness Protocol

Prevention

Pre-participation history and physical exam

1. A thorough medical history will be gathered (history of heat illness, sickle cell trait/disease, etc.)
 - a. Individuals with risk factors will be identified and counseled
 - b. When applicable the athletic trainer or persons responsible
2. When applicable, the athletic trainer, nurses, coaches or persons responsible will be notified of individuals with pre-existing conditions that place the individual at risk of exertional heat illness

Environmental Monitoring and Activity Modification/Cancellation

1. Environmental monitoring will occur utilizing WBGT device or similar application
2. Environmental monitoring will occur any time it is warm outside (i.e. over 70°F)
3. Environmental monitoring and activity modifications may be necessary for certain types of indoor facilities
4. Monitoring of WBGT will occur every 30 minutes beginning at the scheduled practice time
5. Modifications can be made given regional changes and are meant to be fluid, meaning if the environment gets more oppressive, the modifications get stricter. However, if environmental conditions improve, the modifications will be in line with the new environmental conditions.

Acclimatization

1. This acclimatization protocol applies to ALL sports.
2. Days 1 through 5 of the heat acclimatization period consists of the first 5 days of formal practice.
3. During days 1-2 of the heat acclimatization period, in sports requiring helmets or shoulder pads, a helmet will be the only protective equipment permitted (goalies will not wear protective gear or perform activities that would require protective equipment.
4. During days 3–5, only helmets and shoulder pads will be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin.

- a. Football only: On days 3–5, contact with blocking sleds and tackling dummies may be initiated.
 - b. Full-contact sports: 100% live contact drills will begin no earlier than day 6.
5. Because the risk of exertional heat illnesses during the preseason heat acclimatization period is high, an athletic trainer will be on site before, during, and after all practices.

Monitoring

- 1. Monitoring of student-athletes safety will be continuous during any physical activity.
- 2. Athletic trainers, coaches, administrators and other athletics personnel will be educated on the signs and symptoms of exertional heat illness
 - a. These signs and symptoms include (but are not limited to) the table below.
 - b. Coaches and administrators will be educated annually.

Rectal temperature greater than 104° (40°C) at time of incident.	Rapid pulse, low blood pressure, quick breathing
Headache	Dehydration, dry mouth, thirst
Confusion or just look “out of it”	Decreasing performance or weakness
Disorientation or dizziness	Profuse sweating or no sweating
Altered consciousness, coma	Collapse, staggering or sluggish feeling
Nausea or vomiting	Muscle cramps, loss of muscle function/balance, inability to walk
Diarrhea	Irrational behavior, irritability, emotional instability

Treatment of Exertional Heat Stroke (Medical Emergency)

Recognition

1. Any athlete with signs of central nervous system dysfunction during exercise in the heat should be suspected to be suffering from EHS until a rectal temperature confirms or refutes this diagnosis.
2. Patients with suspected EHS will have a temperature obtained via rectal thermometer by an athletic trainer or team physician.
 1. Rectal thermometers will be found in the trauma bag kept in the athletic trainer's cart.
 2. It is important to reiterate that during and following intense exercise in the heat, temporal, aural, oral, skin, axillary and tympanic temperature are not valid and should **never** be utilized in evaluating a potential exertional heat stroke
3. If an athletic trainer is not available/present, cooling will begin immediately EMS will be called and the EAP will be activated.
4. Steps to obtain a rectal temperature:
 1. Remove the athlete from the playing field, to a shaded area.
 2. Drape the patient accordingly (with towels and sheets) for privacy.
 3. Position the patient on their side with their top knee and flexed forward.
 4. Make sure the probe is plugged into the thermometer
 5. Turn the thermometer on
 6. Insert the probe 10-15cm past the anal sphincter
 - i. The probe will be marked
 7. If you meet resistance while inserting, stop and remove the probe and try again
 8. Leave the probe inserted while assessing the temperature and while initiating cooling treatment.
 9. Remove the probe when treatment has ended.

Cooling

1. If rectal temperature is between 102°-104°F, initiate cooling
 - a. Cooling tub can be found on the stadium field and in the athletic training room
 - b. Apply cold towels and ice to armpits, neck, groin
 - c. Remove any clothing or equipment if able to
2. If rectal temperature is at or above 104°F, initiate the exertional heat stroke treatment protocol and contact EMS services immediately.
3. The patient must be moved to a cooling zone, begin appropriate treatment and continuously monitor the patient
4. Cold Water Immersion

- a. Will up set up at times with high heat illness risk
 - b. Set up includes
 - i. Tub, coolers filled with ice, towels, water, tent
 - c. Place the athlete in the tub while maintaining the rectal thermometer.
 - d. Wrap a towel across the chest and beneath both arms to prevent athlete from going under water
 - e. Water will be stirred to maximize cooling
 - f. Vital signs and rectal temperature will continue to be monitored.
 - g. Cooling shall cease when body temperature reaches 102°F.
5. Cool first, transport second
- a. EMS should not transport the patient until they reach 102°F due to inability to continue cooling in the ambulance

Vital Sign Monitoring

1. The athletic trainer or team physician will monitor vital signs including rectal temperature, heart rate, blood pressure and other vital signs.

EMS

1. EMS will be called immediately if a patient is suspected of EHS
2. Any patient with suspected EHS must be cooled first then transported via EMS.
 - a. This cool first transport second EAP protocol will be communicated/shared with EMS annually PRIOR to the first official sport practice at the school in accordance with the EAP policy and procedures.

Venue Specific Emergency Action Plans

Main Stadium- Football, Lacrosse

Emergency Personnel: Athletic trainer will be on site for all home games, team physicians on site for varsity football games, athletic director on site for varsity football games, assistant athletic director on site for varsity lacrosse games

Emergency Communication: Cellular devices

Emergency Equipment: First aid equipment (in athletic trainer's kit), trauma bag (cervical collar, AED, airway assistance), vacuum splints, crutches- all in athletic trainer's cart

Venue Directions: 10900 Rockville Pike, North Bethesda, MD 20852

A security officer will guide the ambulance from the school entrance to the field. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will continue down the road as it turns into Hargett Lane. The field entrance is on the left side of the road in the parking lot as you come around the curve. The entrance is on the bottom of the right side of the bleachers. The entrance is not accessible via ambulance. Look for athletic personnel to guide you to the field and injured athlete.

South Field- Rugby/Cross Country

Emergency Personnel: Athletic trainer will be on site for all home matches/meets

Emergency Communication: Cellular devices

Emergency Equipment: First aid equipment (in athletic trainer's kit), trauma bag (cervical collar, AED, airway assistance), vacuum splints, crutches- all in athletic trainer's cart

Venue Directions: 10900 Rockville Pike, North Bethesda, MD 20852

A security officer will guide the ambulance from the school entrance to the field. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will follow the road left. Follow the road along the golf course until the stop sign. Turn right at the stop sign and continue up the hill with the field in view on the left. Look for athletic personnel to guide you to the field and injured athlete.

A security officer will guide the ambulance from the school entrance to the field. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will continue down the road as it turns into Hargett Lane. Continue on Hargett Lane behind the stadium and past the athletic center on the left. Continue around the curve and the field will be in view on the right. Look for athletic personnel to guide you to the field and injured athlete.

North Fields/Outdoor Track- Soccer, JV Lacrosse, Outdoor Track

Emergency Personnel: Athletic trainer will be on site for all home games/meets

Emergency Communication: Cellular devices

Emergency Equipment: First aid equipment (in athletic trainer's kit), trauma bag (cervical collar, AED, airway assistance), vacuum splints, crutches- all in athletic trainer's cart

Venue Directions: 10900 Rockville Pike, North Bethesda, MD 20852

A security officer will guide the ambulance from the school entrance to the field. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will go just past the guard tower and take a right. Continue up the road with the tennis courts on the left and the top North Field in view straight ahead. The track/main North Field will be in view on the right as you approach the parking lot. The top North Field has ambulance access. The track/main North Field does not have ambulance access. Look for athletic personnel to guide you to the field and injured athlete.

Chapel Field- Freshman Football

Emergency Personnel: Athletic trainer will be on campus for all practices

Emergency Communication: Cellular devices

Emergency Equipment: First aid equipment (in athletic trainer's kit), trauma bag (cervical collar, AED, airway assistance), vacuum splints, crutches- all in athletic trainer's cart

Venue Directions: 10900 Rockville Pike, North Bethesda, MD 20852

A security officer will guide the ambulance from the school entrance to the field. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will continue straight and the Chapel Field is just past the entrance on the left side. Look for athletic personnel to guide you to the field and injured athlete.

Tennis Center- Tennis

Emergency Personnel: Athletic trainer will be on campus for all practices. Athletic trainers will not be on site for home matches, and will be called to the venue if needed.

Emergency Communication: Cellular devices

Emergency Equipment: First aid equipment (in Tennis Center), AED (in Tennis Center)

Venue Directions: 10900 Rockville Pike, North Bethesda, MD 20852

A security officer will guide the ambulance from the school entrance to the field. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will go just past the guard tower on Hargett Lane and the Tennis Center will be on the right. Look for athletic or Tennis Center personnel to guide you to the court and injured athlete.

Baseball Field- Baseball

Emergency Personnel: Athletic trainer will be on site for all home games.

Emergency Communication: Cellular devices

Emergency Equipment: First aid equipment (in athletic trainer's kit), trauma bag (cervical collar, AED, airway assistance), vacuum splints, crutches- all in athletic trainer's cart

Venue Directions: 10900 Rockville Pike, North Bethesda, MD 20852

A security officer will guide the ambulance from the school entrance to the field. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will continue down Hargett Lane past the Tennis Center on the right. As you continue down the curve on Hargett Lane, the Baseball field will be on the right on the hill. The Baseball field does not have ambulance access. Look for athletic personnel (AD or coach) to guide you to the field and injured athlete.

Golf Course- Golf

Emergency Personnel: Athletic trainer will be on campus for practices. Athletic Trainer will not be on campus for all matches, and will be called to the venue if needed.

Emergency Communication: Cellular devices

Emergency Equipment: First aid equipment (in athletic trainer's kit), trauma bag (cervical collar, AED, airway assistance), vacuum splints, crutches- all in athletic trainer's cart

Venue Directions: 10900 Rockville Pike, North Bethesda, MD 20852

A security officer will guide the ambulance from the school entrance to the field. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will follow the road left. The golf course will immediately be on the left. Follow the road along the course to the injured athlete's location. Look for athletic personnel to guide you to the course and the injured athlete.

Hanley Center- Indoor Track, Basketball Court, Wrestling Room, Pool, Weight Room, Athletic Training Room

Emergency Personnel: Athletic trainer will be on site for all practices and home meets/games

Emergency Communication: Cellular devices

Emergency Equipment: First aid equipment (in athletic trainer's kit), trauma bag (cervical collar, AED, airway assistance), vacuum splints, crutches

Venue Directions: 10900 Rockville Pike, North Bethesda, MD 20852

A security officer will guide the ambulance from the school entrance to the building. Enter campus from Rockville Pike onto Strathmore Road. Continue on Strathmore Rd to the security guard tower where you will follow the road left. Follow the road along the

golf course until just before the bus lot. Turn right and drive through the parking lot and bear right. There will be access through the glass double doors to a ramp/elevator. Look for athletic personnel (AD or coach) to guide you to the injured athlete.

AED Locations on Campus

1. The Hanley Center
 - a. Across from Athletics Office
 - b. Pool Deck
 - c. Outside Field House entrance
 - d. Outside of Weight Room
 - e. Outside of Athletic Training Room
2. Football Stadium
 - a. Bathroom Entrance
3. North Fields
 - a. Soccer Shed
4. The George Center
 - a. Bottom level outside of academic classrooms
5. Bold Hall Phone Booth
6. Hass Building Foyer
7. McKavanagh Lobby
8. Residential Building
 - a. Health Office
 - b. 2nd Floor Kitchen

Campus Map



1. Golf Course
2. South Field
3. Hanley Center
4. Main Stadium
5. Baseball Field
6. Tennis Center
7. Chapel Field
8. Main North Field/Track
9. Upper North Field