Region 14 Nonnewaug High School

Emergency Action Plan

Athletics 2024-2025

In case of an emergency, personnel responsibilities, locations of emergency equipment, and other emergency information such as 911 call instructions, addresses/directions to the venue, and a chain of command with important phone numbers have been listed here.

September 4, 2024

Table of Contents

Introduction/Overview	3-5
Staff Education & Chain of Command	6
Emergency Telephone Numbers	7
Emergency Situation Contact Tree	8
Emergency Equipment Locations	9
AED Locations within Nonnewaug High School	10
Emergency Action Plan – General Guide	11
Gymnasium	12
Lower Campus (Fields)	13
Mitchell	14
Vasi's	15
Crestbrook Golf Course	16
Tennis Courts	17
Kennedy High School	18
The Gunnery	19
Three Rivers	20
Hollow Park	21
Heat Illness	22-25
Inclement Weather	26

EMERGENCY ACTION PLAN FOR ATHLETICS

OVERVIEW

Introduction

Emergency situations may arise at any given time during athletic events. Expedient action plan must be taken in order to provide the best possible care to the sport participant. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

If emergencies occur at any time and during any activity, all school activities workers must be prepared. Athletic organizations have a duty to develop an emergency action plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency action plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of 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 sports medicine team should enable each emergency situation to be managed appropriately.

Components of an Emergency Plan

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder
5. Venue Directions with a Map
6. Emergency Action Plan Checklist for Non-Medical Emergencies

Emergency Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [including also: athletic director, school nurse, certified athletic trainer, all coaches, etc.]. Copies of training certificates and/or cards are maintained with the athletic director. **All coaches are required to have CPR, First Aid, AED, and concussion management training certifications.**

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training student, coaches, managers, and possibly bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, personnel present, etc.

The four basic roles within the emergency team are:

1. **Establish scene safety and immediate care of the athlete:**
    a. This should be provided by the most qualified individual on the medical team
2. **Activation of Emergency Medical Services:**
    a. This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team.
3. **Equipment Retrieval:**
    a. May be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed.
4. **Direction of EMS to the scene:**
    a. One of the members of the team should be in charge of meeting the emergency personnel as they arrive at the site. This person should have keys to locked gates/doors.

Activating Emergency Medical Services

Call 9-1-1

Provide information

- Name, address, telephone number of caller
- Nature of the emergency (medical or non-medical)*
- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene (i.e. "use the south entrance to the school off Asylum St.")
- Other information requested by the dispatcher
- DO NOT HANG UP FIRST

*if non-medical, refer to the specified checklist of the school's non-athletics emergency action plan

Emergency Communication

Communication is key to a quick, efficient emergency response. There is a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone. Please see page 7 for emergency communication guidelines for Nonnewaug HS.

Medical Emergency Transportation

Any emergency situation where there is impairment in loss of consciousness (LOC), airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a "load and go" situation and emphasis is placed on rapid evaluation, treatment, and proper transportation. Any emergency personnel who experience doubt in their mind regarding the severity of the situation should consider a "load and go" situation and transport the individual.

Non-Medical Emergencies

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the school emergency action plan and follow instructions.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the training and preparation of athletic healthcare providers. It is prudent to invest athletic department "ownership" in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should be reviewed at least once a year with all athletic personnel and local emergency response teams. Through development and implementation of the emergency plan Nonnewaug HS helps ensure that the athlete will have the best care provided when an emergency situation does arise.

STAFF EDUCATION

1. Each season, every coach will receive a copy of the Emergency Action Plan (EAP)
    a. Each coach will sign off saying they have read the documents and asked any potential questions
2. A copy of the relevant EAP will be in each med kit which is to be kept with the coach at every practice/event
3. A copy of the EAP will be accessible in the athletic training room.

Chain of Command

The athletic training staff will always act as primary care givers at the site of injury or accident (when on-site) and would manage the situation according to the following rank:

1. Team Physician
2. Certified Athletic Trainer

In the event that a certified athletic trainer is not on-site at the time of injury the following chain of command would be used (this list is assuming the Head Coach has the most training/qualifications/certifications – should another personnel in this chain possess higher qualifications, they assume the position of first in command)

EXAMPLE:

1. Head coach
2. Assistant Coach
3. Adult Bystander

YOUR TEAMS CHAIN OF COMMAND:

1.
2.
3.

Emergency Telephone Numbers

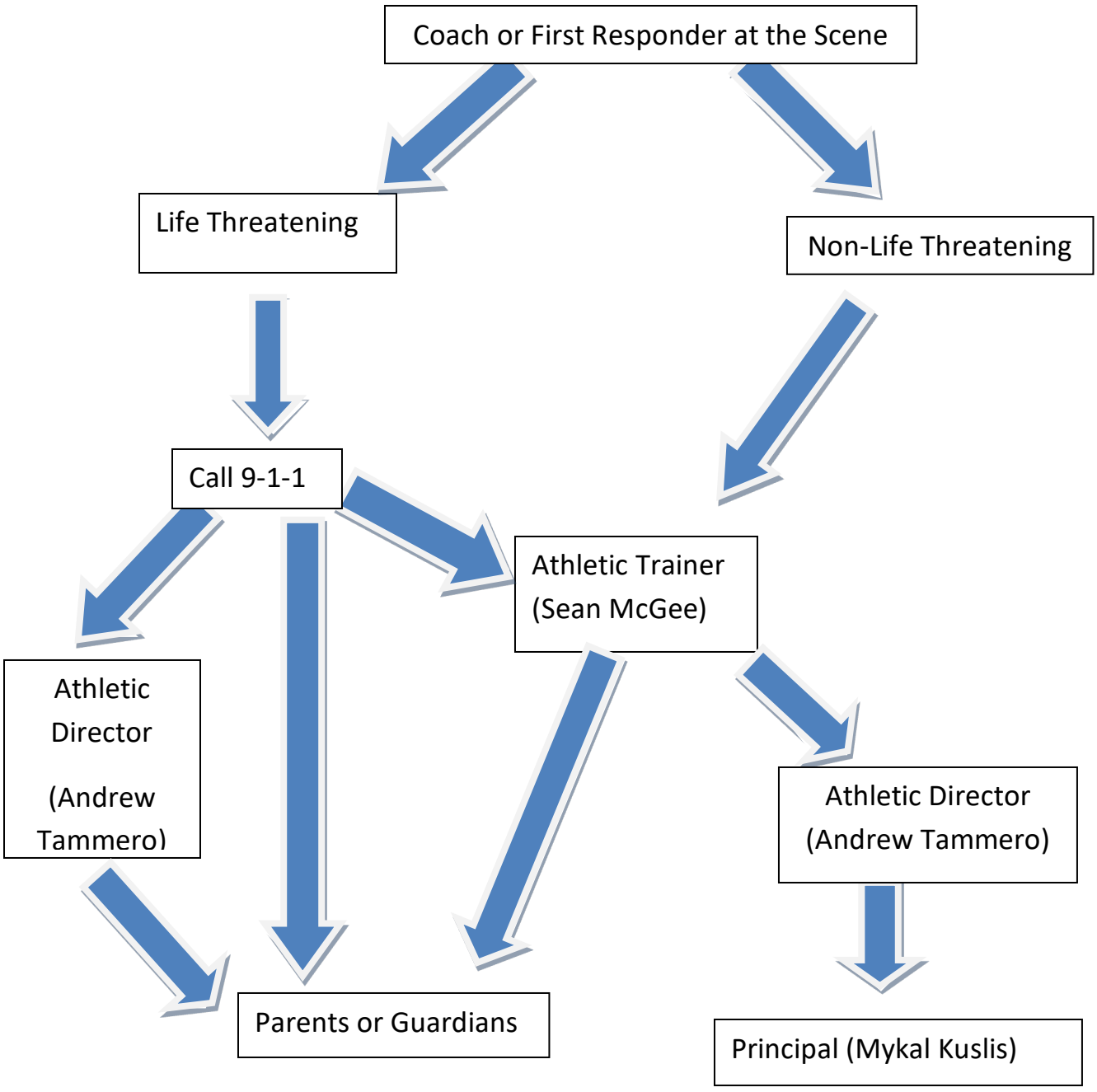
This list is only to be used in case of an emergency.

Off Campus Contacts	Phone Number
Emergency	9-1-1
Police department	(203) 263-3400
Fire and Ambulance	(203) 263-3120
Waterbury Hospital	(203) 573- 6000
St. Mary's Hospital	(203) 709- 6000
Hazardous Materials	1-800-424-8802
Poison Control Center	1-800-222-1222

On Campus Offices	Phone Number
Athletic Training Room	(203) 263- 2835
Nurse	(203) 263- 2805
Athletic Director	(203) 695-3010
Main Office	(203) 263-2186
School Counselor Office	(203) 263-2813

Emergency Situation

Contact Tree



After the situation is controlled: Contact (phone or email)
Athletic Trainer may at their discretion contact sports medicine physician for guidance

Emergency Equipment Locations

Emergency Equipment:

- Athletic Training Kit, Biohazard/First Aid Kit on site for events covered by ATC
- First Aid Kit located with coach

1. AED
    a. Located with ATC for all covered events
    b. Additional AEDs located outside Nonnewaug Gymnasium, Nonnewaug weight room, Nurses Office, Cafeteria and Auditorium
2. Nearest phone
    a. Athletic Trainer's personal cell phone when covering events
    b. Coaches' personal cell phones
    c. In Nonnewaug High School
3. Rescue Inhaler
    a. Coaches are responsible for each student to bring their inhaler with them to all practices/games
    b. Student-Athletes must self-carry their own inhaler at all times
4. Epi Pen
    a. Coaches are responsible for each student to bring their epi pen with them to all practices/games
    b. Student-Athletes must self-carry their own Epi-Pen at all times
5. Splints
    a. Will be provided by EMS upon arrival
6. Spine boards/Cervical Collar
    a. Will be provided by EMS upon arrival
7. Bio-hazard Materials
    a. Red bags – in each med kit and in ATR
    b. Disposal Bin – in Nurses office – room

Nonnewaug HS AED Location

1. Inside Nonnewaug High School outside of the gymnasium lobby

2. Inside Nonnewaug High School outside the nurse's office

3. Inside Nonnewaug High School in the Cafeteria

4. Inside agricultural building entrance from school side (south entrance)

5. Inside Nonnewaug High School in the hallway of the weight room and locker rooms.

6. Portable AED is with Athletic Trainer on Duty or in the Athletic Training Room

General Guide

1. Most medically qualified person will lead
2. Check the scene – is it safe to help?
3. Is the athlete breathing? Conscious? Pulse?
    a. If NO instruct person to call 911 – LOOK PERSON DIRECTLY IN EYES and make sure they call!
    b. Check card for 911 call instructions for your location
4. Perform emergency CPR/First Aid
    a. If severe bleeding – instruct individual to assist with bleeding control
5. Instruct coach or bystander to get AED
6. Instruct coach or bystander to control crowd
7. Contact the Athletic Trainer of Nonnewaug HS if they are present at the school but not on scene
8. Contact parents
9. Contact Athletic Director
10. Contact Principal/Vice Principal
11. Instruct individual to meet ambulance to direct to appropriate site
12. Assist with care as necessary
13. Assistant coach must accompany athlete to hospital – either in ambulance or follow by car
14. Document the event

Nonnewaug High School
Emergency Action Procedures
Gymnasium

Emergency Personnel:

Nonnewaug High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

Emergency Procedures:

1) Check the scene
    a) Is it safe for you to help?
    b) What happened?
    c) How many victims are there?
    d) Can bystanders help?
2) Instruct coach or bystander to call 911
   -Provide the following information
    a) Who you are
    b) General information about the injury or situation
    c) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). 5 Minortown Road, Woodbury, CT 06798
    From route 6 east: turn right onto Middle Rd. Turnpike, follow the road .9miles. Turn slight left onto Minortown Rd. The entrance to the school is on your immediate left. Go down school driveway, turn left at end of divider, continue down road until you see a parking lot on your right, turn into the parking lot. The entrance to the gym is in the back-left corner after you enter the lot. Entrance into the gym can be accessed from the doors.
    GPS Coordinates: Lat: 41° 33' 27.36"N; Long: -72° 11' 9.24"W
    d) Any additional information
    e) ***BE THE LAST TO HANG UP***
    f) Meet the ambulance and direct it to the site
3) Perform emergency CPR/First Aid
    a) If athletic trainer is present she will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b) If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    c) **Instruct coach or bystander to GET AED!!**
4) Designate coach or bystander to control crowd
5) Contact the Athletic Trainer for Nonnewaug High School if not present on scene
6) Meet ambulance and direct to appropriate site
    a) Open Appropriate Gates/Doors
    b) Designate an individual to "flag down" and direct to scene
    c) Control injury site, limit care providers etc.
7) Assist ATC and/or EMS with care as directed
    a) Retrieve Necessary Supplies/Equipment
8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
9) Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
10) A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Practice and Competition Fields (Lower Campus)

Emergency Personnel:

Nonnewaug High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    g) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). 5 Minortown Road, Woodbury, CT 06798
    From route 6 east: turn right onto Middle Rd. Turnpike, follow the road .9miles. Turn slight left onto Minortown Rd. The entrance to the school is on your immediate left. Go down school driveway, turn left at end of divider, continue down road until you see an access road on the left (right in front of you). Continue down that road, indiviudals will be at the bottom to direct you where to go.
    GPS Coordinates: Lat: 41° 33' 27.36"N; Long: -72° 11' 9.24"W
    d. Any additional information
    e. ***BE THE LAST TO HANG UP***
3. Perform emergency CPR/First Aid
    a. If athletic trainer is present she will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    c. **Instruct coach or bystander to GET AED!!**
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
7. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
9. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
10. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Mitchell Elementary - Cheerleading

Emergency Personnel:

Nonnewaug High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). 14 School Street**,** Woodbury, CT 06798
    d. Perform emergency CPR/First Aid
    e. If athletic trainer is present she will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    f. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    g. **Instruct coach or bystander to GET AED!!**
    h. Any additional information
    i. ***BE THE LAST TO HANG UP***
3. Meet the ambulance and direct it to the site
4. Designate coach or bystander to control crowd
5. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
6. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
7. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
8. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
9. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Vasi's Gymnasium- Newtown (Gymnastics)

Emergency Personnel:

Nonnewaug High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). 8 Pecks Lane, Newtown CT 06470
    d. Any additional information
    e. ***BE THE LAST TO HANG UP***
3. Perform emergency CPR/First Aid
    a. If athletic trainer is present she will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    c. **Instruct coach or bystander to GET AED!!**
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
7. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
9. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
10. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Crestbrook Golf Course - Golf

Emergency Personnel:

Nonnewaug High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    h) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). 834 Northfield Rd. Watertown, CT 06795
    GPS Coordinates: Lat: 41.63N; Long: -73.11W
    d. Any additional information
    e. ***BE THE LAST TO HANG UP***
3. Perform emergency CPR/First Aid
    a. If athletic trainer is present she will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    c. **Instruct coach or bystander to GET AED!!**
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
7. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
9. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
10. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Tennis

Emergency Personnel:

Nonnewaug High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). 5 Minortown Road, Woodbury, CT 06798
    i) From route 6 east: turn right onto Middle Rd. Turnpike, follow the road .9miles. Turn slight left onto Minortown Rd. The entrance to the school is on your immediate left. Go down school driveway, turn right start to head around the right side of the school. Continue down that road, the courts will be on the right, individuals will be at the bottom to direct you where to go.
    j) GPS Coordinates: Lat: 41° 33' 27.36"N; Long: -72° 11' 9.24"W
    d. ***BE THE LAST TO HANG UP***
3. Perform emergency CPR/First Aid
    a. If athletic trainer is present she will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    c. **Instruct coach or bystander to GET AED!!!!**
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
7. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
9. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
10. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Kennedy High School - Swimming

Emergency Personnel:

Nonnewaug High School Athletic Trainer will not be on site for any swimming or diving practices or competitions unless there is a special recommendation by the coach, facilities manager or other personal.

A certified Life Guard will be present for all practices and competitions (both coaches are certified plus both managers)

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Extract athlete from water
3. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). 422 Highland Avenue**,** Waterbury, CT 06708
    d. enter into the gymnasium and the pool doors are on your immediate left.
    e. Any additional information
    f. ***BE THE LAST TO HANG UP***
4. Perform emergency CPR/First Aid
    a. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b. Instruct coach or bystander to get AED
5. Meet the ambulance and direct it to the site
6. Designate coach or bystander to control crowd
7. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
8. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
9. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
The Gunnery - Hockey

Emergency Personnel:

Nonnewaug High School Athletic Trainer will not be on site for any swimming or diving practices or competitions unless there is a special recommendation by the coach, facilities manager or other personal.

A certified Life Guard will be present for all practices and competitions (both coaches are certified plus both managers)

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Extract athlete from water
3. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    k) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). 22 Kirby Road, Washington, CT 06793
    From 47N: Turn left onto Kirby Road; .1 Miles the destination is on the right
    GPS Coordinates: Lat: 41.63° N; Long: -73.18° W
    d. Any additional information
    e. ***BE THE LAST TO HANG UP***
4. Perform emergency CPR/First Aid
    a. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b. Instruct coach or bystander to get AED
5. Meet the ambulance and direct it to the site
6. Designate coach or bystander to control crowd
7. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
8. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
9. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Three Rivers

Emergency Personnel:

Nonnewaug High School Athletic Trainer will not be on site for any swimming or diving practices or competitions unless there is a special recommendation by the coach, facilities manager or other personal.

A certified Life Guard will be present for all practices and competitions (both coaches are certified plus both managers)

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Extract athlete from water
3. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    d. ***BE THE LAST TO HANG UP***
4. Perform emergency CPR/First Aid
    a. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b. Instruct coach or bystander to get AED – **AED present with coach onsite for Winter practices**
5. Meet the ambulance and direct it to the site
6. Designate coach or bystander to control crowd
7. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
8. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
9. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
10. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
11. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Hollow Park

Emergency Personnel:

Nonnewaug High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Instruct coach or bystander to call 911
    a. -Provide the following information
    b. Who you are
    c. General information about the injury or situation
    l) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). Hollow Park, Woodbury, CT 06798
    From Mountain Road; onto Old Sherman Hill Road, 1.1 miles; Continue straight onto Judd Hill Road 1 mile, turn left onto Main Street S.
    d. Any additional information
    e. ***BE THE LAST TO HANG UP***
3. Perform emergency CPR/First Aid
    a. If athletic trainer is present she will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    b. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    c. **Instruct coach or bystander to GET AED!!**
4. Meet the ambulance and direct it to the site
5. Designate coach or bystander to control crowd
6. Contact the Athletic Trainer for Nonnewaug High School if not present on scene
7. Meet ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
9. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.
10. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Nonnewaug High School
Emergency Action Plan
Heat Illness

The following policy on heat illness has been created by the Sports Medicine and Administration Departments at Nonnewaug High School, that is reviewed annually. Extreme heat conditions in Woodbury, CT mostly commonly occur during the hot summer months, between June and September. Extreme heat can be dangerous and possibly even life threating for some people. Through proper education and awareness, all forms of exertional heat illness can be prevented, recognized, and treated correctly. Heat illness is most commonly composed of three different conditions including, exertional heat stroke, heat exhaustion and heat syncope. Exertional heat stroke has had a 100% survival rate when cooled immediately immersing whole body cold water was initiated within 10 minutes of collapse. Due this evidence at the University of Connecticut, Nonnewaug High School created the policy of "Cool first then transport."

Exertional Heat Stroke

Exertional heat stroke is characterized by the core temperature 104°F or higher, central nervous system dysfunction, and multiple organ system failure induced by strenuous exercise. This is a medical emergency and can be a fatal if the core body temperature remains above 104°F. This is usually caused by vigorous activity in hot-humid environment, lack of heat acclimatization, poor physical fitness, dehydration, sleep deprivation, fever or illness, heavy equipment/uniform.

Signs and Symptoms

- Core body temperature 104°F or higher
- Tachycardia
- Hypotension
- Hyperventilation
- Altered mental status
- Dizziness
- Irrational behavior
- Headache
- Inability to walk
- Loss of balance/muscle function
- Vomiting
- Diarrhea
- Collapse
- Seizures
- Possible Coma

Heat Exhaustion

The inability to continue exercise due to cardiovascular insufficiency and energy depletion that may or may not be associated with physical collapse.

Signs and Symptoms

- Fatigue
- Weakness
- Heavy sweating
- Dehydration
- Sodium loss
- Fainting
- Dizziness
- Irritability
- Headache
- Hyperventilation
- Nausea/vomiting
- Decreased urine output and blood pressure
- Decreased muscle coordination
- Core temperature between 36-104°F

Heat Syncope

A fainting episode that someone can experience in high environmental temperatures, usually during the initial days of heat exposure.

Signs and Symptoms

- Dizziness
- Fainting
- Weakness
- Tunnel vision
- Pale or sweaty skin
- Nausea
- Decreased pulse rate

Heat Illness Treatment

Rapid and aggressive body cooling with the use of a cold tub with water and ice. If cold tub is unavailable, individual should be moved to a cooler environment/shaded area. Excess clothing should be removed, legs should be elevated to aid in venous return. If possible, individual should be cooled with fans, ice bags/towels and cool water. Provide oral fluids to rehydrate if possible. After cooling, the individual should then be transported by EMS to a medical facility. When performing temperature, a rectal temperature is recommended because it is the most accurate and immediate temperature assessment. Other temperature devices may give false readings. An individual should be immersed in the cold tube as soon as possible until core temperature is below 100°F. Please follow the EAP below for a step-by-step guide for treating heat illness.

Heat Illness Emergency Procedures:

1. Check the scene
    a. Is it safe for you to help?
    b. What happened?
    c. How many victims are there?
    d. Can bystanders help?
2. Call Athletic Trainer
3. Give a temperature (rectal is preferred)
4. Transport athlete to cold tub or cool/shaded area if cold tub is unavailable, continue assessing core temperature
    a. Remove excessive clothing
    b. Place ice bags/towels on groin, neck, head and armpits
    c. If possible, provide fluids
5. * If suspected Heat Stroke, body temperature is 104°F or higher and/or athlete has sickle cell, instruct coach or bystander to call 911
    a. Provide the following information
    b. Who you are
    c. General information about the injury or situation
    m) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*). **5 Minortown Road, Woodbury, CT 06798**
    From route 6 east: turn right onto Middle Rd. Turnpike, follow the road .9miles. Turn slight left onto Minortown Rd. The entrance to the school is on your immediate left. Go down school driveway, turn right at end of divider, continue down and around the back of the school road until you see an access road on the right (right in front of you). Continue down that road as it veers right, individuals will be at the bottom to direct you where to go.
    GPS Coordinates: Lat: 41° 33' 27.36"N; Long: -72° 11' 9.24"W
    d. Any additional information
    e. ***BE THE LAST TO HANG UP***
6. Designate coach or bystander to control crowd
7. Meet the ambulance and direct to appropriate site
    a. Open Appropriate Gates/Doors
    b. Designate an individual to "flag down" and direct to scene
    c. Control injury site, limit care providers etc.
8. Assist ATC and/or EMS with care as directed
    a. Retrieve Necessary Supplies/Equipment
9. Document event. Documentation must be done by ATC (or other provider) and coach. Both an injury report and accident report form must be filled out.

10. A team comprising of the ATC, AD, Coaches of team, Nurse and 1-2 not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Return-to-Play

Return to activity should be determined by a physician. Individuals should avoid exercise for at least one week if suffered from a heat stroke. All individuals should start with a gradual return to activity under the supervision of the Athletic Trainer. If an athlete has experienced any of the previous heat related illnesses, he or she should be evaluated by a physician to determine a return to play strategy.

Prevention

All athletes are required to complete a pre-participation history and physical examination information providing history of heat illness and sickle cell trait. If an athlete has sickle cell, they must notify the School Nurse, Athletic Trainer and Coach. To prevent heat illness, individuals should adapt to exercise in the heat gradually over 10-14 days of acclimatization, by progressively increasing duration and intensity of work, incorporate rest breaks, minimize amount of equipment/uniform worn in hot-humid weather, provide and encourage adequate fluid consumption

1. Monitor Heat Index (wet bult temperature)
2. Move practice times to cooler parts of the day, avoid practice times between 10am - 4pm
3. Communicate with Athletic Trainer, Athletic Director and Coaches to adjust practice times, breaks, and workout intensity during hot days
4. Educated athletes on wearing light color clothing, light weight clothing and protection from the sun
5. Educate athletes for dieting, nutrition and fluid replacement

Preparation

- Ice/water
- Ice towels
- Coolers/water bottles
- Water/sports drink
- Ice tubs
- Air conditioning in buildings
- Emergency planning/Communication
- Pop-up tents or shade around the practice area
- Cold tubs---checked and filled before every practice
- Extra ice near ice tub
- Golf carts for patient transport
- Proper hydration and nutrition

Practice Modifications

- Monitor Heat Index every 30 minutes
- Conduct warm ups in the shade or cooler environment
- Increase the number and duration of water breaks
- Rest breaks should be planned to match conditions and intensity of activity
- Lower intensity of the workout depending on heat index
- Any athletes who displaying signs and symptoms of heat illness must have participation restricted based on the judgment of the Athletic Trainer and Coach

- Below is an activity guideline measured by the wet bulb temperature recommended by the CIAC

There is also a weather guide for activities that last 30 minutes or more (Fox and Mathews, 1981) which involves knowing the relative humidity and air temperature.

Cat 1	Activity Guidelines
< 76.1	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
76.3 - 81.0	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
81.1 - 84.0	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
84.2 - 86.0	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 86.2	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Air Temp Danger Zone Critical Zone 70F 80% RH 100% RH RH = Relative Humidity 75F 70% RH 100% RH 80F 50% RH 80% RH 85F 40% RH 68% RH 90F 30% RH 55% RH 95F 20% RH 40% RH 100F 10% RH 30% RH

Nonnewaug High School
Emergency Action Plan
Guidelines for Thunder and Lightning

The following policy on thunder and lightning has been created by the Sports Medicine and Administration Departments at Nonnewaug High School, that is reviewed annually. During the outdoor seasons it is possible to have a thunderstorm that can be extremely dangerous to participates who are outside. If someone gets struck my lightening it can be fatal and life threatening, which can also put more people in harm's way. It is important to follow these precautions and procedures to ensure the safety of participants in outdoor athletics.

Procedure

If thunder or lightning is seen or heard within 6 miles it is mandatory for everyone outside to relocated to a designated safe area.

1. Lightning or thunder within 6 miles of event either the Athletic Director, Athletic Trainer, referee, other administrator or coach must make the call to relocate everyone to a designated safe area.
2. Athletic Director or Athletic Trainer will notify the coaches to direct athletes to a designated safe area
3. If there are spectators at the game the Athletic Director or Administrator on duty must direct spectators to seek shelter in a designated safe area.
4. Coaches must direct their teams to a designated safe area in a timely manner.
5. Athletic Trainer will notify other coaches and sports teams on school grounds to seek shelter in a designated safe area.
6. If there are no signs of thunder or lightning for 30 minutes, sport teams may return to activities with the approval of the Athletic Director. The 30 minute timer resets every time there is a thunder or lightning strike within 6 miles.
7. If someone is stuck by lightning enact first aid and CPR immediately and dial 911. Activate EMS and emergency action plan depending on the location.

Designated Safe Areas

- Inside Nonnewaug High school – gymnasium, cafeteria, weight room or main lobby
- A car with a fully covered hard roof
- Avoid being around plumbing, showers, electrical equipment and corded phones
- If participates cannot get access into the school or a car with a hard top at last resort they can seek shelter in the field bathrooms, field houses or a lower valley area away from bodies of water or metal structures.

Prevention

Before and during any activity it is important for the Athletic Director and Athletic Trainer to monitor weather conditions. Weather will be checked multiple times a day using NOAA weather tools and radar. If there is a possible storm approaching during sport activities it is up to the athletic director to communicate with coaches and teams about a possible storm so everyone is prepared to take shelter. Athletic director, athletic trainer, referees, coaches and any other personal should be aware of their surroundings. If there are signs of a possible storm approaching contact the athletic director and/or athletic trainer and seek shelter.