Bryn Mawr Athletics

Emergency Action Plan

REVISED JULY 2025

Cardiac Emergency Response Plan (CERP)

The Bryn Mawr School – Athletics

Effective: July 2025

1. **Purpose**

This Cardiac Emergency Response Plan (CERP) provides a structured protocol for responding to sudden cardiac arrest (SCA) or other life-threatening cardiac events during athletic activities. This plan ensures The Bryn Mawr School aligns with American Heart Association (AHA) best practices and Maryland state requirements to optimize survival outcomes through preparedness, coordination, and rapid action.

2. **Cardiac Emergency Response Team (CERT)**

Designated Personnel Trained to Respond to Cardiac Emergencies:

Name	**Role**	**Primary Location**	**Certification**	**Contact**
Dr. Eva Martinez	Head Athletic Trainer (CERT Leader)	Athletic Training Room	CPR/AED, First Aid	Ext.1204
Tina Veprek	Athletic Director	Athletics Office	CPR/AED	Ext. 1340
Molly Wolf	Assistant Athletic Director	Athletics Office	CPR/AED	Ext. 1245
Off Campus Coaches	Head Coaches	Off Campus Sites*	CPR/AED	See Cell List
Damon Melvin	Security- PM shift	Security	CPR/AED	443-552-8896 or by radio

All **CERT** members are required to maintain valid certification in First Aid, CPR, and AED usage.

3. **Emergency Activation Procedure**

If a life-threatening situation occurs **CERT** should be informed immediately. In an emergency the following procedures should be followed during which time the first responder should remain with the patient to see that he or she is as comfortable as possible and protected from further injury or illness.

If a sudden cardiac arrest or similar emergency occurs:

· Assess Victim Responsiveness
- Tap and shout: "Are you okay?"
- Look for normal breathing and pulse

· Activate Emergency Protocol
- Immediately ask someone to alert the **CERT** and send someone else to retrieve the closest AED

· Call 911 and state:
- Suspected cardiac arrest
- Precise location (e.g., 'The Bryn Mawr School Turf Field off of Northern PKWY entrance')

· If CPR is necessary, a certified first responder should begin care if he or she is able
- Let 911 know that CPR/AED is in progress

· Continue care until:
- EMS arrives and assumes care
- The individual shows signs of recovery
- A physician or authorized responder terminates CPR

· Do not move the student or adult unless he/she is in physical danger

· Notify the Athletic Trainer and Athletic Director if not present

· Notify the parents or family (in the case of an adult), request that he/she/they meet the ambulance at the hospital (GBMC or Sinai) and advise them of symptoms.

· A Bryn Mawr staff member will accompany the student or the adult

· The school has the right to request written clearance from a healthcare provider before the student returns to school. Written clearance should include diagnosis, treatment, recommendations and activity restrictions.

4. **AED Locations for Athletics Facilities**

AED Placement and Accessibility:

Location	**AED Placement**	**Accessible During**
Athletic Training Room	Inside entrance	All athletic events/School Hours
KVB-Gym	Wall outside locker rooms	School hours, practices & games
Turf Field	In sideline med kit	Games
Howell	Outside of Health Center	School hours

AEDs are checked monthly for readiness and strategically placed to ensure a < 3-minute access time to all athletic facilities.

5. **Post-Incident Protocol**

After a cardiac emergency response:

- EMS assumes care and transports the individual.
- Notify parents/guardians or emergency contacts.
- Submit a written Incident Report within 24 hours.
- Debrief with **CERT** to evaluate the response and identify improvements.
- AEDs must be checked, restocked, and recorded for readiness.
- Offer mental health support to affected students and staff.

6. **Plan Review and Oversight**

- The CERP will be reviewed annually in July by the Head Athletic Trainer and Athletic Director.
- AEDs and emergency gear inspected monthly.
- **CERT** roster updated and certifications verified before every academic year.

*** SEE CPR/AED INSTRUCTIONS BELOW**

CPR

1. Verify that the person is unresponsive **and is not breathing or is only gasping.**

2. **Ensure that the person is face-up on a** firm, flat surface.

3. **Give** 30 chest compressions.

   - **Push hard and fast in the center of the chest to a depth of at least 2 inches and at a rate of 100–120 compressions per minute.**



4. **Give** 2 rescue breaths.

   - **Open the airway, pinch the nose shut and make a complete seal over the person's mouth with your mouth.**
   - **Blow into the person's mouth for about 1 second, ensuring that the chest rises.**



If the chest does not rise, retilt the head and ensure a proper seal before giving the second rescue breath.

   - **Take a breath, make a seal and then give the second rescue breath.**

If the second breath does not make the chest rise, begin compressions. After the next set of chest compressions, open the mouth, look for an object and, if seen, remove it. Continue to check the mouth for an object after each set of compressions until the rescue breaths go in.

5. Continue **giving sets of** 30 **chest compressions and** 2 **rescue breaths.**

AED

1. Turn on the AED **and follow the voice prompts.**

2. **Remove all** clothing **covering the chest.**

3. **Place the** pads.



4. **Plug the** connector cable **into the AED if necessary.**



5. **Let the AED** analyze **the heart's rhythm.**
   - **Make sure no one is touching the person.**



AED (Continued)

6 Deliver a shock if the AED determines one is needed.

- Make sure no one is touching the person.
- Push the "shock" button to deliver the shock.



7 After the AED delivers the shock, or if no shock is advised:

- Immediately begin CPR, starting with compressions.
- Continue giving CPR and following the AED's prompts until you see an obvious sign of life or EMS personnel arrive.

Environmental Monitoring and Heat Acclimatization

Bryn Mawr Athletics acknowledges that there are various guidelines for heat acclimation. We follow heat and humidity monitoring using a wet bulb globe thermometer. A WBGT device is a tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise. Using this device and specified guidelines by the NATA, practices will be altered as needed for safety reasons. Proper hydration and nutrition, wearing of loose, light colored clothing, and use of shade whenever possible is also recommended.

- The certified athletic trainer will monitor WBGT beginning approximately 30 minutes prior to a scheduled practice or game and will continue throughout the activity.
- Modifications/cancellations will be recommended by the athletic trainer to the athletic director based on the best practice guidelines for our region. We are in category 3 and will adhere to the following guidelines:

Cat 3	**Activity Guidelines**
< 82.0	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0	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.
90.1 - 91.9	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.
≥ 92.1	No outdoor workouts. Delay practice until a cooler WBGT is reached.

EQUIPMENT RESTRICTIONS

Field Hockey

Practice days 1 and 2 – Goalies in helmet and goalie kickers, athletes may wear shin guards, goggles and mouth pieces.
Practice days 3 through 5 – Goalies in helmet, chest protection and goalie kickers.
Beginning practice day 6 – full protective equipment may be worn.

Soccer

Shin guards and goalie gloves can be worn beginning day 1

Volleyball

Knee pads may be worn beginning day 1

The heat-acclimatization period is designed for students on an individual basis. Days in which athletes do not practice due to a scheduled rest day, injury, illness or other reasons do not count towards the heat-acclimatization period.

COLD WATER IMMERSION AND ALTERNATIVE COOLING METHODS

If heat stroke is suspected the present AT or coaching staff will implement the cooling protocol.

- Tub is located on turf and lower field
- TACO (tarp assisted cooling oscillation) method using a tarp, ice, and water.

INCLEMENT WEATHER

In the event of severe weather the termination or delay of practices and events shall be determined by the athletic director or other school administrators. In the event of lightning or extreme heat or cold, the athletic trainer will make the recommendation to the athletic director to modify or cancel any practice or game.

THUNDER & LIGHTNING

If you hear thunder or see lightning you are to move indoors immediately! Waiting 30 minutes or longer after the last flash of lightning or sound of thunder is required before athletic or recreational activities are resumed.

If this occurs during an outdoor competition, the competition will pause and the teams and spectators will be escorted to a safe indoor space. If you are off campus and there is no shelter available the coaching staff will use our transportation or cars of the Bryn Mawr families as a safe plan.

Specific Considerations for Different Emergencies

Cervical Spinal Injury

- Prioritize Immobilization: If a cervical spine injury is suspected, manually stabilize the head and neck, and do not move the individual unless absolutely necessary to maintain basic life functions.
- Professional Removal of Equipment: If the individual is wearing protective equipment like a helmet, it should be removed by the **athletic trainer** to minimize movement and maintain spinal stabilization. If one piece of equipment is removed (e.g., helmet), all related equipment (e.g., shoulder pads) should also be removed to maintain stability.
- Spine Board Transfer: Utilize a long spine board or full-body immobilization device for transport, securing the individual tightly to prevent unwanted movement.
- Monitor Vitals: Document and monitor vital signs and level of consciousness every 5 min until EMS arrives.
- EMS Activation: Activate EMS immediately.
- Medical Staff Accompaniment: If possible, have a member of the athletic training staff accompany the injured individual to the hospital.

Concussion and Closed Head Injury

- Immediate Removal from Activity: If a concussion is suspected, remove the athlete from activity to a safe area.
- Evaluation and Monitoring: The **athletic trainer** should perform a full evaluation if present; otherwise, contact the athletic trainer or call 911.
- Monitor Symptoms: Monitor for concussion-like symptoms every 5-10 minutes for the first 30 minutes.
- Emergency Services: Call 911 immediately if a serious head injury is suspected or specific symptoms (e.g., changes in consciousness, bleeding from nose/ears, unequal pupils) are present.
- Return to Play Protocol: Do not allow the athlete to return to play unless cleared by a physician or athletic trainer.

Major Orthopedic Injuries

- Initial Assessment: Follow the "ABCDE" approach to prioritize **airway, breathing, circulation, disability, and exposure.**
- Call 911 immediately if the injury is severe or life-threatening.
- Do Not Move: Do not move the injured person if they are seriously injured, especially with a back or neck injury.
- Hemorrhage Control: Control bleeding with sterile pressure dressings.

- Splinting: Splint injuries without reduction unless there's vascular compromise.
- Communication & Transfer: Prehospital personnel should communicate effectively with the ED team to prepare for the incoming injury. Consider transferring patients to facilities with the necessary resources and expertise.
- Surgical Consultation: Consult surgical subspecialties (e.g., vascular, orthopedic, trauma) if neurovascular compromise, fracture, or severe dislocation is present.
- Follow Up: Ensure proper follow-up care is arranged, including contacting parents/guardians and completing necessary reports.

Coppermine Norris Field
EMERGENCY ACTION PLAN

Address: 5602 Cottonworth Avenue, Baltimore MD 21209
AED Location: The Bryn Mawr equipment closet in the locker room or on sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via Cottonworth Avenue (past the Coppermine building, post office, and pool)
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers

Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

Venue Directions with Map:

- Coming Southbound from Falls Rd
- Turn left onto Smith Ave
- Take the first left onto Cottonworth Ave
- Norris Field is the last field on the left, past the Coppermine building, post office, and pool.



Bryn Mawr School Tennis Courts
EMERGENCY ACTION PLAN

Address: 600 W. Northern Parkway (Turn towards → Bryn Mawr School Sign at light)
AED Location: The athletic training room or on sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach(es)
4. Athletic Administrator/Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via W Northern Parkway
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers

Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

Venue Directions with Map:

- Coming westbound from W Northern Parkway
- Turn right into The Bryn Mawr School Entrance
- The tennis courts are on the right, past marked parking on right side



Bryn Mawr School Turf Field
EMERGENCY ACTION PLAN

Address: 600 W. Northern Parkway (Turn towards → Bryn Mawr School Sign at light)
AED Location: The athletic training room or on sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach/s
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

Roles of Emergency Personnel:

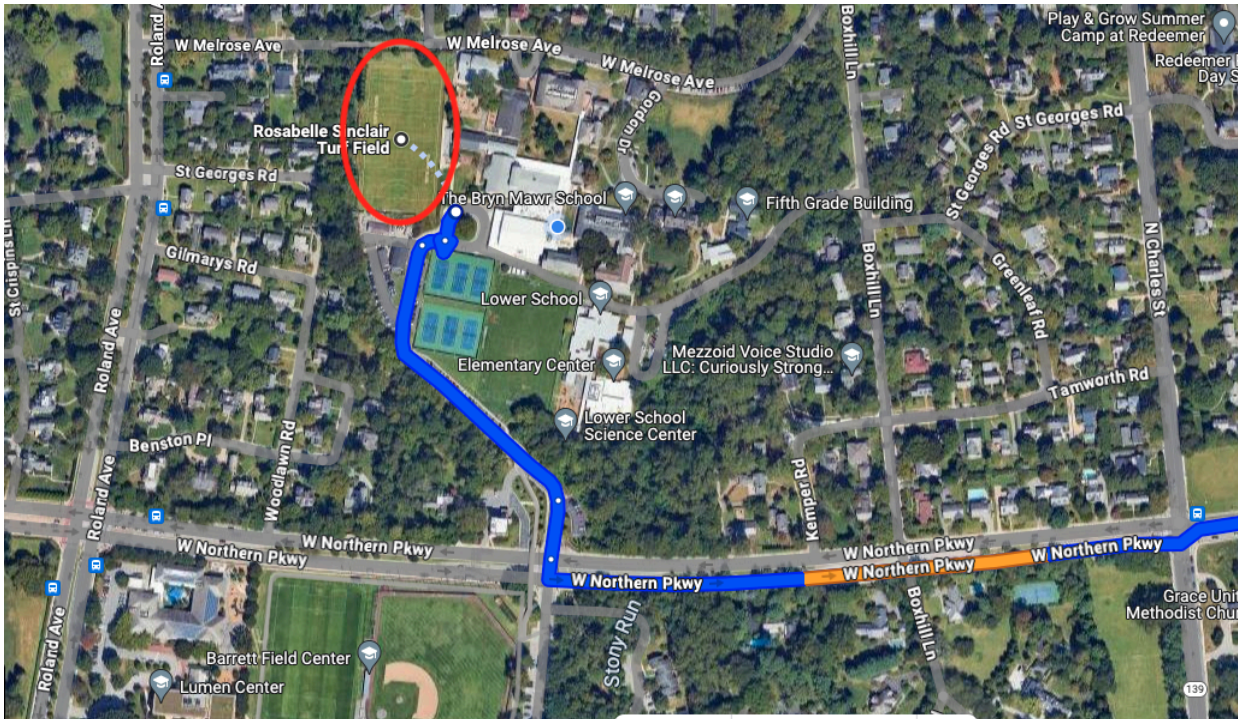
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2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via W Northern Parkway
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers

Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

Venue Directions with Map:

- Coming westbound from W Northern Parkway
- Turn right into The Bryn Mawr School Entrance
- Past the tennis courts and marked parking on the right side
- Follow the round about all the way around the turf field is on the right



Bryn Mawr School Lower Field
EMERGENCY ACTION PLAN

Address: 600 W. Northern Parkway (Turn towards → Bryn Mawr School Sign at light)
AED Location: The athletic training room or on sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach/s
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via W Northern Parkway
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers
Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

<u>Venue Directions with Map:</u>

- Coming westbound from W Northern Parkway
- Turn right into The Bryn Mawr School Entrance
- Past the tennis courts and marked parking on the right side
- Follow the roundabout to the lower field on the right



Bryn Mawr School KVB GYM
EMERGENCY ACTION PLAN

Address: 600 W. Northern Parkway (Turn towards → Bryn Mawr School Sign at light)
AED Location: The KVB Lobby, ATR or on sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach/s
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via W Northern Parkway
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers
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Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

<u>Venue Directions with Map:</u>

- Coming westbound from W Northern Parkway
- Turn right into The Bryn Mawr School Entrance
- Past the tennis courts and marked parking on the right side
- Follow the roundabout to the KVB Gym



Coppermine Racquet at Bare Hills
EMERGENCY ACTION PLAN

Address: 1420 Clarkview Rd, Baltimore, MD 21209
AED Location: On sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

Roles of Emergency Personnel:

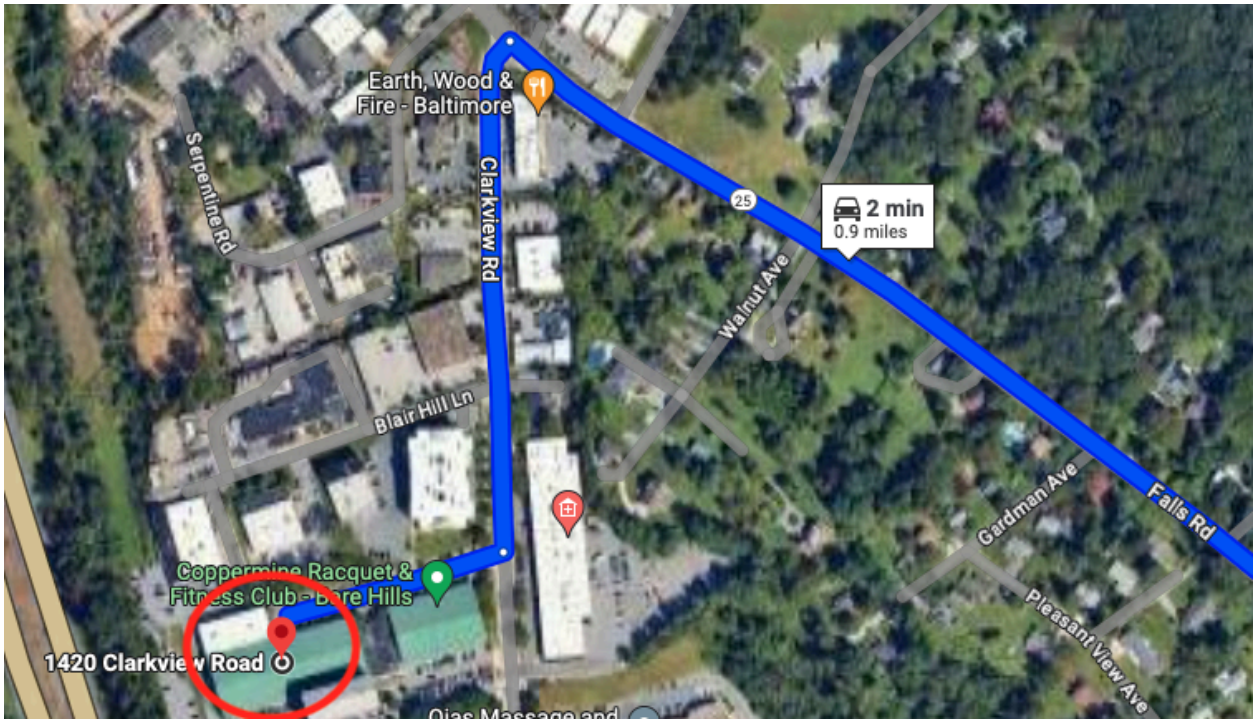
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2. Emergency equipment retrieval
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3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via Falls Rd (past Blair Hill Ln, the Coppermine Racquet & Fitness building is on the right.)
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers

Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
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Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

Venue Directions with Map:

- Coming northwest bound from Falls Rd
- Turn left onto Smith Ave
- Turn left onto Clarkview Rd
- Keep straight past Chapin Davis Investments, TIAA and Blair Hill Ln, the Coppermine Racquet & Fitness is on the right.



Gilman School Pool
EMERGENCY ACTION PLAN

Address: Gilman School, 5407 Roland Ave. Baltimore, MD 21210
AED Location: 1. On the Pool deck, on the south side pillar wall, by the backboards; **2.** The Sports Medicine Office by the Outside doors, on the wall

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach
4. Athletic Administrator/ Game Day personnel

Emergency Communication

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Emergency Equipment

A medical kit and AED will be available at all events

Roles of Emergency Personnel:

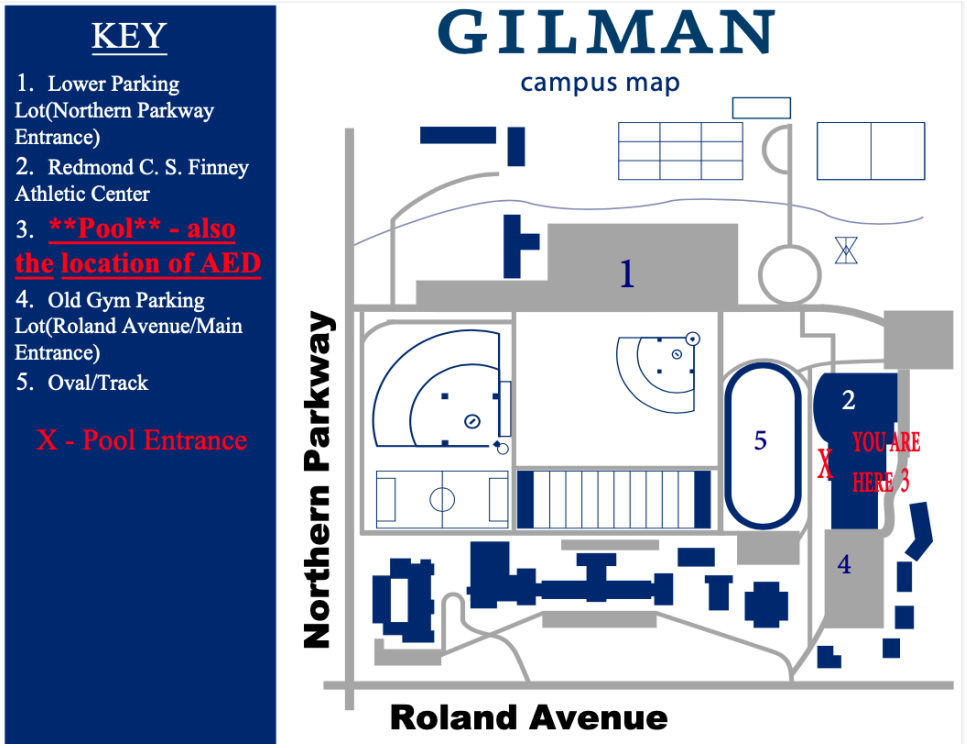
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3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and bryn mawr campus security.
    c. Assigned personnel will contact Gilman security and instruct Gilman Security to go to both entrances of Gilman School to direct EMS to the Pool. Refer to the map if needed.
    d. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene

a. EMS will access the venue via Roland Ave. The school entrance used to get to the Pool is on Roland Ave, just across from the Roland Park Country School entrance. The most accessible access to this location is through the Pool Door along the North side of the building, next to the Sports Medicine Office outside doors. Refer to the map if needed.
b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers

Emergency Medical System (EMS)..... 9-1-1
Bryn Mawr School Security.....(443)552-8896
Gilman School Security……(410)323-7030
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

Venue Map:



Gilman School Track
EMERGENCY ACTION PLAN

Address: Gilman School, 5407 Roland Ave. Baltimore, MD 21210
AED Location: Finney Center Athletic Administration office lobby 2nd floor on the wall outside the McCarthy Room

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach
4. Athletic Administrator/ Game Day personnel

Emergency Communication

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Emergency Equipment

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Roles of Emergency Personnel:

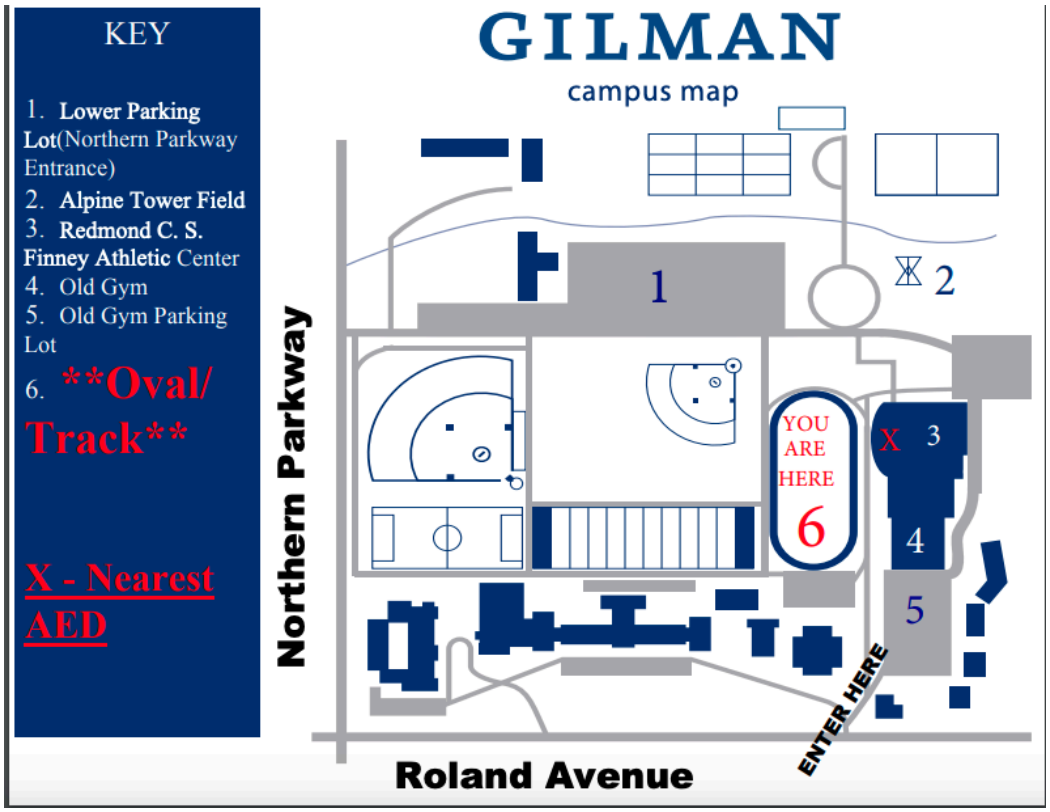
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3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and bryn mawr campus security.
    c. Assigned personnel will contact Gilman security and instruct Gilman Security to go to both entrances of Gilman School to direct EMS to the oval/track. Refer to the map if needed.
    d. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene

a. EMS will access the venue via Roland Ave. The school entrance used to get to the oval/track is on Roland Ave, just across from the Roland Park Country School entrance. Refer to the map if needed.
b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers

Emergency Medical System (EMS)..... 9-1-1
Bryn Mawr School Security.....(443)552-8896
Gilman School Security……(410)323-7030
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

Venue Map:



Bryn Mawr School "OLD GYM"
EMERGENCY ACTION PLAN

Address: 119 W Melrose Ave. Baltimore, MD 21210
AED Location: 1. In the Little School next to the adult bathroom or 2. In the ATR or on the sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach/s
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via W Melrose Ave.
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers
Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

Venue Directions with Map:

- Heading west from E Melrose Ave.
- Follow W Melrose Ave. straight into The Bryn Mawr School Entrance
- Past the marked parking on the left side
- Little school will be on the left hand side



Bryn Mawr School
Cardio and Weight Room
EMERGENCY ACTION PLAN
For Athletics

Address: 600 W. Northern Parkway (Turn towards → Bryn Mawr School Sign at light)
AED Location: In front of Cardio room or ATR

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach/s
4. Athletic Administrator

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED is located in the ATR

Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via W Northern Parkway

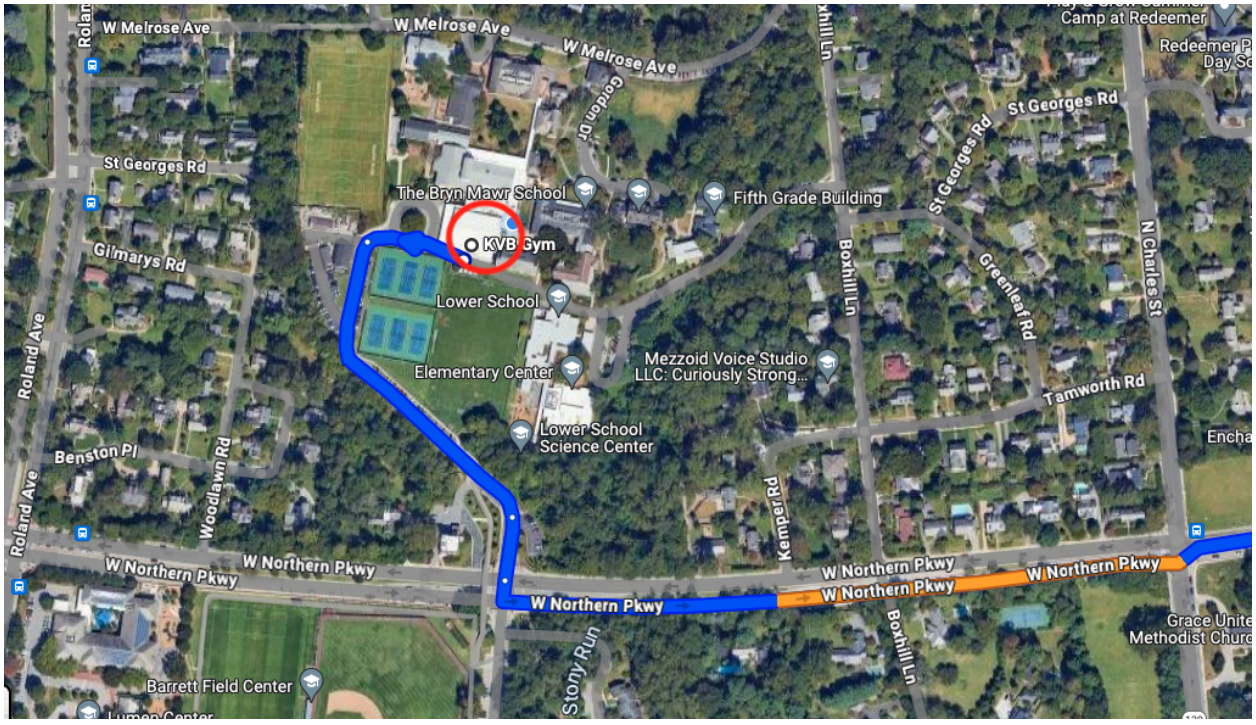
b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers

Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

<u>Venue Directions with Map:</u>

- Coming westbound from W Northern Parkway
- Turn right into The Bryn Mawr School Entrance
- Past the tennis courts and marked parking on the right side
- Follow the roundabout to the KVB Gym



Mt. Pleasant Ice Arena
EMERGENCY ACTION PLAN

Address: 6101 Hillen Rd. Baltimore, Md. 21239
AED Location: On sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

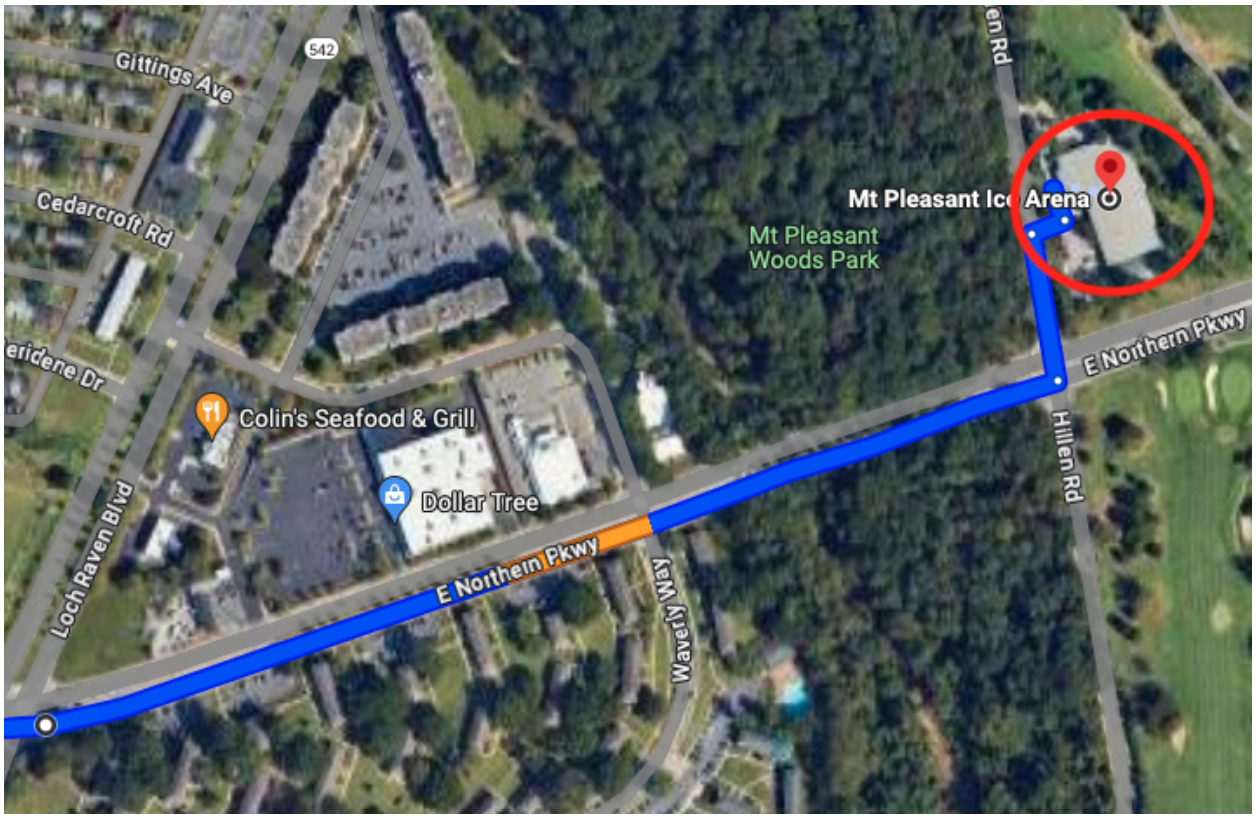
Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via Hillen Rd.
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers
Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

<u>Venue Directions with Map:</u>

- Head east on E Northern Parkway
- Turn left onto Hillen Rd.
- The Mt. Pleasant Ice Arena is on the right



Roland Park Squash Court
EMERGENCY ACTION PLAN

Address: 2 Tower Lane Baltimore, MD 21210
AED Location: On sideline with medkit

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events

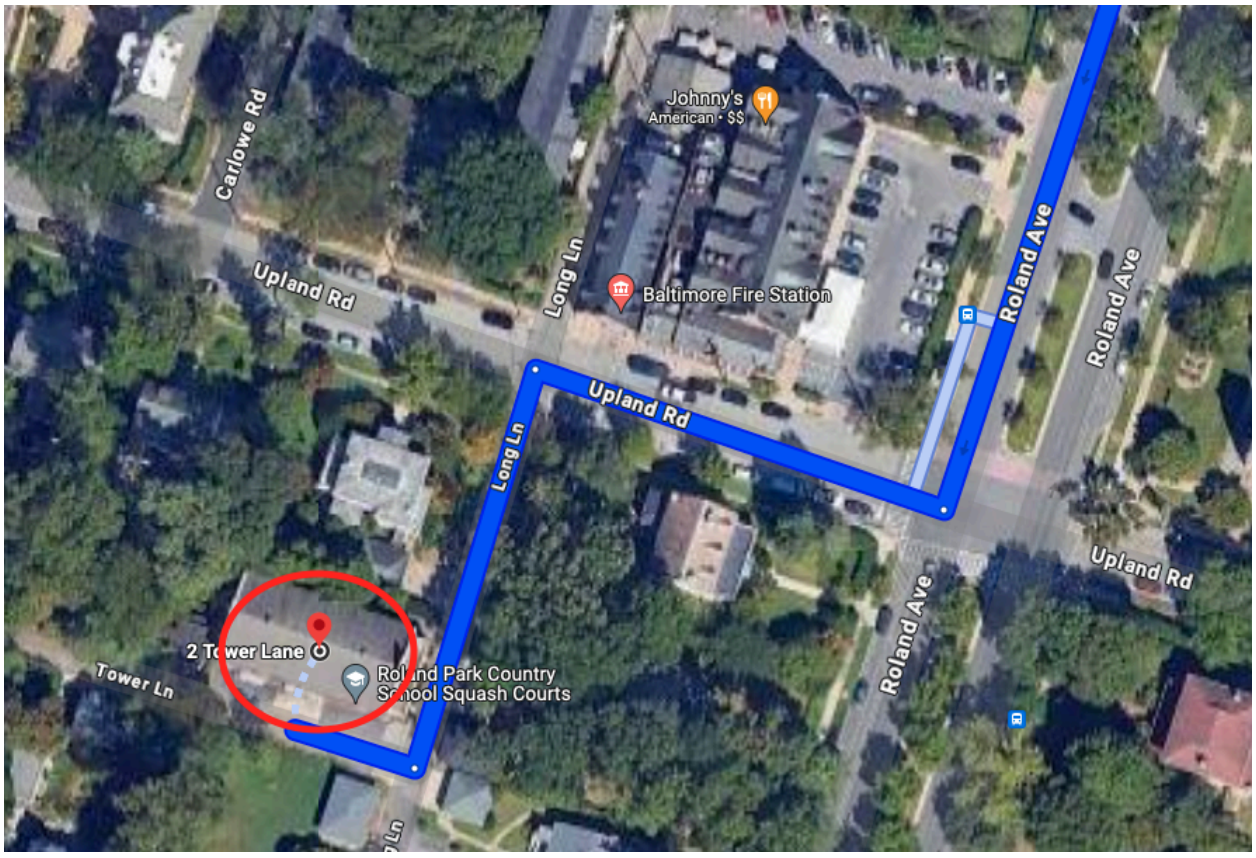
Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via W Northern Parkway
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers
Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

<u>Venue Directions with Map:</u>

- Head Southbound on Roland Ave.
- Turn right onto Upland Rd.
- Take the first left onto Long Lane.
- Turn right onto Tower Lane and Roland Park Squash Courts are on the right



Eagles Nest Country Club
EMERGENCY ACTION PLAN

Address: 12801 Stone Hill Rd, Phoenix, MD 21131
AED Location: With Coach during Practices/Competitions

Emergency Personnel:

1. Certified Athletic Trainer - if available
2. Head Coach
3. Assistant Coach
4. Athletic Administrator/ Game Day personnel

Emergency Communication

Certified Athletic Trainer, Coaches, and Athletic Administrator will carry a cell phone in case of emergency

Emergency Equipment

A medical kit and AED will be available at all events.

Roles of Emergency Personnel:

1. Immediate care of the injured athlete
    a. The first responder will assess the situation, determine the plan of action and provide immediate first aid care
2. Emergency equipment retrieval
    a. Assigned personnel will retrieve the appropriate equipment (ie. HC, AC, or athletics personnel)
3. Activation of Emergency Medical System (EMS)
    a. Assigned personnel will activate EMS by calling 9-1-1
    b. Assigned personnel will notify the AD, and campus security.
    c. Provide the following information to the EMS dispatcher:
        - ***Identify your name and phone number***
        - ***Reason for emergency***
        - ***Location of injury (specific field or gym)***
        - ***Injured person's age, gender***
        - ***Injured person's status (unconscious, conscious, pulse, breathing, etc.)***
4. Direction of EMS to the scene
    a. EMS will access the venue via Dulaney Valley Rd.
    b. Assigned Personnel will limit the scene to first aid providers and move bystanders away from the area

Important Telephone Numbers

Emergency Medical System (EMS)..... 9-1-1
Security..... (443)552-8896
Head Athletic Trainer, Eva Martinez..... (410)323-8800 x 1204 (Office)
(443)-310-7299 (Cell)
Athletic Director, Christina Veprek..... (Office) ext 1340
(410)800-8064 (Cell)
Asst. AD, Molly Wolf..... (Office) ext 1245
(443)240-1818 (Cell)

Venue Directions with Map:

- Head East on Dulaney Valley Rd.
- Turn left on Stone Hill Rd.
- Take a right into the parking lot
- Eagles Nest Country is the building directly behind the parking lot

