

# PEMBROKE HIGH SCHOOL ATHLETICS



## EMERGENCY ACTION PLAN

The emergency action plan (EAP) is a general outline of the protocol that must be followed in the event of an injury to a student-athlete in need of medical care, or inclement/dangerous weather. Everyone should be familiar with this document. Phone numbers, addresses of each venue and access gates and entrances should be known to coaches, athletic trainer and administrators.

### **VENUES**

Pembroke High School: 80 Learning Lane, Pembroke MA. 02359

#### **Fall Sports:**

Football All Levels – PHS Turf field

Field Hockey -V/JV - PHS Turf field

Field Hockey - PHS Grass Field (adjacent to PHS main entrance)

Cross Country - PHS Grass Field (adjacent to PHS main entrance)

Volleyball - Pembroke High School Gymnasium

Varsity B/G Soccer - PHS Turf Field

JV/Freshmen B/G Soccer – Hobomock Soccer Complex - directly across street from PHS

Golf – Pembroke Country Club - 94 W Elm St, Pembroke, MA 02359

PCMS Cross Country - PHS Grass Field (adjacent to PHS main entrance)

#### **Winter Sports:**

B/G Basketball All Levels - Pembroke High School Gymnasium

Gymnastics - South Shore YMCA, 1075 Washington st, Hanover, MA 02339

Boys Ice Hockey - Hobomock Arena - 132 Hobomock St, Pembroke, MA 02359

Girls Ice Hockey - Hobomock Arena - 132 Hobomock St, Pembroke, MA 02359

Indoor Track - Reggie Lewis Track & Athletic Center - 1350 Tremont St, Roxbury Crossing, MA 02120

Swimming - Kingsbury Club - 186 Summer St, Kingston, MA 02364 & Percy Walker

Pool - 175 St George St, Duxbury, MA 02332

Wrestling - Pembroke High School Gymnasium  
PCMS B/G Basketball - PCMS - 559 School St. Pembroke, MA 02359

### **Spring Sports:**

Varsity Baseball - Mattakeesett Street Field Complex - 455 Mattakeesett St, Pembroke, MA 02359

JV Baseball - Magoun Field - 25 Schoosett Street, Pembroke, MA 02359

B/G Lacrosse All Levels - PHS Turf field

Softball - PHS Softball Field (adjacent to tennis courts-at dead end of Learning Lane)

B/G Tennis - PHS Tennis Courts (at dead end of Learning Lane)

Track & Field - PHS Track

PCMS Track & Field - PHS Track

PCMS Girls Volleyball - Pembroke High School Gymnasium

### **EVENTS**

The certified athletic trainer will cover the majority of athletic events at Pembroke High School. Activation of the EAP will be initiated by either the athletic trainer, athletic director, or a member of the high school coaching staff. The following services will be available on the sideline for certain events:

1. Certified Athletic Trainer
2. AED and airway masks
3. Splints/slings/crutches/immobilizers
4. Golf cart
5. Cell phone
6. All coaches are certified in First Aid/CPR/AED

Coaches are responsible for having their med kit at all practices/games and checking in with the athletic trainer to restock it throughout the season. Also, various sports due to location, are responsible for taking a portable AED with them to practices/home competitions.

### **PRACTICES**

In the event of an injury, contact the athletic trainer. In the event of an emergency that requires advanced medical personnel, when the athletic trainer is not present, the following procedures should be followed:

- **Call 911**, this will go to the Mass State Police in Framingham and will connect to Pembroke Fire Dept.

- May call **Pembroke Fire** directly at **781-293-2300**
- Police Dept. **781-293-6363**
- Call parents to notify of incident
- Call/text/email athletic trainer so he or she can follow up with the injured athlete, parents and administrators if needed and complete the required injury report and insurance forms.
- Notify Athletic Director- Brian Phillips, Office Number **781-293-3973**

Coaches should be familiar with the EAP and have a cell phone available for all practices and away games. Coaches should have the cell phone numbers for the Athletic Trainer and Athletic Director.

When a student-athlete is sent to the hospital via ambulance, a staff member should accompany the student unless a parent is available.

### **ROLE OF FIRST RESPONDERS**

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical services (EMS)
  - PROVIDE INFORMATION:
    - Name, address, telephone number of the caller, extent of injury (life threatening vs medical assistance)
    - Number of athletes needing care
    - Condition of athlete (s)
    - First aid treatment administered by first responder
    - Specific directions to locate the injury scene
3. Emergency equipment retrieval
4. Direct EMS to scene (if not on site for game) Open appropriate gates.
5. Scene control: limit scene to first aid providers and move bystanders away from gate

## **Location of AEDs**

- Outside of PHS Gymnasium-Adjacent to B/G Bathrooms Gang Bathrooms
- Kingsbury Club pool
- Athletic Trainer has one on golf cart in fall/spring and brings to hockey rink and indoor events.

## **Concussion Policy for Pembroke High School Student Athletes**

- [PHS Concussion Protocol](#)

Each sport season will require the following for all coaches, AD and Athletic Trainer:

- Keep current in first aid/CPR
- Take the online concussion education test (NFHS)
- Print out or email the concussion test certification and turn in to the AD

## **GUIDELINE FOR LIGHTNING SAFETY**

Thunder or lightning necessitates that all outdoor practices and competitions be suspended.

When thunder is heard or when lightning is seen, the following procedures must be executed:

1. Suspend play
2. Direct participants to shelter - a building normally occupied
3. If a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car)

## **FIELDS**

### **1. PHS Turf**

- EMS ROUTE: 80 Learning Lane Pembroke, Ma, 02359 (Back entrance to the HS )
- Primary AED: With Athletic Trainer

### **2. Grass Fields, XC Course**

- EMS Route: 80 Learning Lane Pembroke, Ma, 02359 (Front entrance of Pembroke HS)
- Primary AED: With Coaches/Athletic Trainer

### **3. Tennis Courts**

- EMS ROUTE: 99 learning lane Pembroke, MA, 02359
- Primary AED: With Coaches

#### **Softball Field**

- EMS ROUTE: 99 learning Lane Pembroke, MA, 02359 (adjacent to Tennis Courts)

### **4. Pembroke High School Gymnasium**

- EMS ROUTE: 80 Learning Lane Pembroke, Ma, 02359 (Enter through back entrance and through DOOR 17)
- Primary AED: With Athletic Trainer/ Outside of Gymnasium adjacent to B/G bathrooms

### **4. Hobomock Fields - direct participants to Hobomock Elementary**

- EMS ROUTE: Across the street from Pembroke HS (Enter through the main soccer field parking lot)
- Primary AED: With Coaches

### **3. Mattakeesett St. Fields - direct to bus, vans or cars**

- EMS ROUTE: Mattakeesett Street, Pembroke, MA 02359
- Primary AED: With Coaches

### **4. Magoun Field**

- EMS ROUTE: 31 Schoosett Street, Pembroke, MA 02359.
- Primary AED: With Coaches

**Do not** permit people to stay in dugout, stand under/near a tree, stand near light poles, stand near fence. Stay away from antennas, towers and underground watering systems.

## **SAFEST POSITION IF CAUGHT IN THE OPEN**

- Place feet close together

- Crouch down with arms overhead
- Do not lie flat on the ground

After thunder and/or lightning has left the area, **wait 30 minutes** after the last boom is heard or strike is seen before resuming play or competition.