

St. Charles High School

ATHLETICS EMERGENCY ACTION PLANS



2025-2026

Preface

This plan is designed for but not limited to the use of all athletic department/St. Charles personnel in caring for the injured whether they are a student-athlete, coach, administrator, or event spectator. Always refer to the main emergency plan for the school in the event of conditions or incidents not listed in the athletic plan.

Each venues specific emergency response plan identifies several ways in which EMS can be contacted and further help can be summoned. Some of the venues have a fixed telephone line that is easily accessible in case of an emergency, for those locations that do not, a cellular phone or walkie-talkie relay system will be used.

Prior to start of contest, the St. Charles High School certified athletic trainer or coach should meet with visiting team coaches and visiting athletic trainers to review emergency procedures.

NOTE: In the event that a certified athletic trainer is not on site during an emergency due to coverage guidelines it is the coach's responsibility to initiate the Emergency Action Plan.

Introduction

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

As emergencies and athletic injuries occur at any time and during any activity, the sports medicine team must be prepared. Athletic organizations have a duty to develop an emergency plan that may be implemented immediately when necessary and to provide appropriate standards of emergency care to all sports participants. This preparation involves formulation of an emergency 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 the Emergency Plan

These are the basic components of this plan:

1. Emergency Plan Personnel
2. Emergency communication
3. Emergency equipment
4. Roles of first responder
5. Venue directions with map
6. Emergency Action Plan checklist for non-medical emergency

Emergency Plan Personnel

With athletic association practice and competition, the first responder to an emergency situation is typically a coach or a certified athletic trainer. The type and degree of sports medicine coverage for an athletic event may vary widely, based on such factors as the sport or activity, the setting, and the type of training or competition. Certification in cardiopulmonary resuscitation (CPR), first aid, prevention of disease transmission, and emergency plan review is required for all athletics head coaching personnel associated with practices, competitions, skills instruction, and strength and conditioning as well as the sports medicine staff. Head coaching personnel are responsible for implementation of emergency plan review among their staff.

The development of an emergency plan cannot be complete without the formation of an emergency team. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the on-site administrator/athletic trainer.

All members of the emergency response team must make sure the athletic trainer, athletic director, and the principal are notified of any/all student-athletes taken to the Emergency Room, regardless of the transportation method.

There are six basic roles within the emergency team.

1. Establishing safety of the scene and immediate care of the student-athlete. Acute care in an emergency situation should be provided by the most qualified individual on the scene (see appendix 1). Individuals with lower credentials should yield to those with more appropriate training. *(In the case of an athletic injury (i.e., football helmet/shoulder pad removal), the EMS provider should consider input from certified athletic trainers.*
2. EMS activation may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who

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communicates well over the telephone. This person should also be familiar with the location and address of the sporting event.

3. Emergency equipment retrieval may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. Student athletic trainers, managers, and coaches are good choices for this role.
4. Directing EMS to the scene. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the emergency. Depending on ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. An Administrator, Athletic Director, Coach or Custodial will be appropriate to direct EMS.
5. Student Emergency Cards. Coaches must have student emergency cards during all practice and game events. Athletic Director should also have access during home events.
6. Emergency Transportation. If Parent/Guardian is not present, either the Coach, Athletic Director, or Administrator, and lastly Athletic Trainer, will travel to local Hospital with student athlete. Parents/Guardian will be notified which hospital the student athlete was transported to.

Roles within the Emergency Team

1. Establish scene safety and immediate care of the student-athlete.
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene

Activating the EMS System Making

the Call:

- Press 'Outside Line', dial 9-911 (land-line telephone) or 911 (cellular)
- Notify Athletic Trainer, Athletic Director, Principal

Providing Information:

- Name, address, telephone number of caller
- Nature of emergency
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder.
- Specific directions as needed to locate the emergency scene (example: "come to south entrance of football stadium")
- Other information as requested by dispatcher

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The responding personnel will vary from venue to venue based on coverage guidelines depending on the availability of the athletic training staff. In order to cover all the venues on St. Charles' campus that student-athletes may be present will require cooperation between many groups. All of the above groups are considered an integral part of all or some of the venue specific emergency response plans.

Emergency Communication

Communication is the key to quick emergency care in athletic trauma injuries. All St. Charles High School emergency team members and EMS medical personnel must work together to provide the best emergency response capability and should have contact information for emergency situations. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. If emergency medical transportation is not available on site during a particular sporting event, then direct communication with the emergency medical system at the time of injury or illness is necessary.

Access to a working telephone or other telecommunications device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure of the primary communication system. The most common method of communication is a public telephone. However, a cellular phone is preferred if available. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if it is not easily accessible.

Emergency Equipment

Emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and its use rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training for the emergency medical providers.

Emergency equipment at venue sites may include any or all of the following:

1. Automatic External Defibrillator (AED)
2. First Aid Supplies
3. Vacuum Splints
4. Emergency Blankets

It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

Transportation

Emphasis is placed at having an ambulance on site at varsity football games, per the State of Maryland/Charles County Public Schools. The St. Charles Athletic Department coordinates on-

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site ambulances for competition in varsity football with MEDIC. Ambulances may be coordinated on-site for other special events/sports, such as major tournaments or SMAC/MPSSAA regional or championship events. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue. Waldorf Volunteer Fire Department provides a First Responder service via MEDIC due to the proximity of the closest MEDIC station. In the event of an emergency, the 911 system (Outside line-911 on campus) will still be utilized for activating emergency transport via MEDIC.

In the emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete.

No Student Athlete is to be transported by EMS without a parent/guardian or Charles County BOE Representative with them. When a parent cannot be located on-site a coach or staff member must go with them.

Injury Reporting

All coaches shall fill out injury/incident reports when the athletic trainer is not available or at an athletic event. The report shall be given to the athletic trainer the following work day. They must contain: student name, date, sport, venue location, area of body injury occurred, type of treatment (i.e. ice, transported to ER)

Non-Medical Emergencies

For the non-medical emergencies such as fire, bomb threats, and violent or criminal behavior, Charles County Schools' emergency action plan instructions will take affect and all athletes and event attendees should follow instructions accordingly.

Conclusion

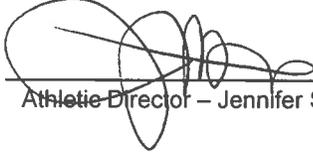
The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. A student-athlete's well-being may hinge on how well trained and prepared athletic healthcare providers are. It is prudent to invest athletic department "ownership" in the emergency plan by involving all members of the emergency response team. The emergency plan should be reviewed at least once a year with all athletic personnel, along with CPR and first aid refresher training.

Through development and implementation of the emergency plan, the athletic department helps ensure that student-athletes and spectators will have the best care provided when an emergency situation does arise. Waldorf Volunteer Fire Department, Charles County Sheriff's Department, will be sent the athletics master schedule to be knowledgeable of all St. Charles sporting events.

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Approved by _____
Principal – Tammika Little

Date

Approved by  _____
Athletic Director – Jennifer Smith

7/11/25

Date

Approved by _____
Head Athletic Trainer – Michelle Ferguson

Date

Approved by _____
Director of Athletics, Aquatics and Activities – Richard Pauole

Date

Approved by _____
Director of School Safety and Security – Jason Stoddard

Date

Approved by _____
Chief of School Administration and Leadership –

Date

Venue: Athletic Stadium (Football, Soccer, Lacrosse, Track and Field)

Emergency Personnel: Whenever possible, a certified athletic trainer will be on site for all practice and competitions; physician(s) are also available for football competitions (per availability), Waldorf Rescue Squad; additional student athletic training students, coaching staff, administrators, Charles County Sheriff's Personnel for assistance and AED response.

Emergency Communication: Coaches or Certified Athletic Trainers cellular phone; walkie talkie used for internal communications.

Emergency Equipment: First-Aid Kit with Trainers' Angel/Cordless Drill, & Emergency Supplies (AED, vacuum splint kit) maintained behind home bench for football events; for all other events supplies will be maintained on Gator.

Emergency Response/Roles of First Responders:

1. Immediate care of the injured or ill student-athlete - Certified Athletic Trainer or Head Coach
2. Activation of emergency medical system (EMS) - On-Site Administrator or Coach

Activating the EMS System Making
the Call: <ul style="list-style-type: none">• Press 'Outside Line', dial 9-911 (land-line telephone) or 911 (cellular) • Notify Athletic Trainer, Athletic Director, Principal
Providing Information: <ul style="list-style-type: none">• Name, address, telephone number of caller – Address: 5305 Piney Church Road Waldorf, MD 20602• Nature of emergency• Number of athlete(s)• Condition of athlete(s)• First aid treatment initiated by first responder.• Specific directions as needed to locate the emergency scene – see below • Other information as requested by dispatcher

3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Open appropriate gates – Gate from access road to soccer/football field.
 - b. Designate individual to "flag down" EMS and direct to scene
 - c. Scene control – Limit scene to first aid providers and move bystanders away from area.

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Venue Directions: Stadium is located off Piney Church Rd directly behind the school on the gym side. There is an access road between the pool and softball field that which provides access to the stadium.

Venue Map: See Appendix 3

Venue: Practice Fields: (Football, Field Hockey, JV Baseball, JV Softball)

Emergency Personnel: Whenever possible, a certified athletic trainer will be on site for practices and competitions physician(s) are also available for football competitions (per availability), additional student athletic training students, coaching staff, administrators, Charles County Sherriff's Personnel for assistance and AED response.

Emergency Communication: Coach's cellular phone, or Certified Athletic Trainer(s) cellular phone; walkie-talkie used for internal communications.

Emergency Equipment: First-Aid Kit with Trainers' Angel/Cordless Drill, Emergency Supplies (AED, vacuum splint kit) maintained on Gator.

Emergency Response/Roles of First Responders:

1. Immediate care of the injured or ill student-athlete - Certified Athletic Trainer or Head Coach
2. Activation of emergency medical system (EMS) - On-Site Administrator or Coach

Activating the EMS System Making

the Call:

- Press 'Outside Line', dial 9-911 (land-line telephone) or 911 (cellular)
- Notify Athletic Trainer, Athletic Director, Principal

Providing Information:

- Name, address, telephone number of caller - Address: 5305 Piney Church Road Waldorf, MD 20602
- Nature of emergency
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder.
- Specific directions as needed to locate the emergency scene – see below • Other information as requested by dispatcher

3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Designate individual to "flag down" EMS and direct to scene

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- b. Scene control – Limit scene to first aid providers and move bystanders away from area.

Venue Directions: Practice Fields are located off Piney Church Rd behind the school. There is an access road between the pool and softball field that which provides access to the practice fields.

Venue Map: See Appendix 3

Venue: Practice Fields: (Soccer, Lacrosse)

Emergency Personnel: Whenever possible, a certified athletic trainer will be on site for practices and competitions physician(s) are also available for football competitions (per availability), additional student athletic training students, coaching staff, administrators, Charles County Sherriff's Personnel for assistance and AED response.

Emergency Communication: Coach's cellular phone, or Certified Athletic Trainer(s) cellular phone; walkie-talkie used for internal communications.

Emergency Equipment: First-Aid Kit with Trainers' Angel/Cordless Drill, Emergency Supplies (AED, vacuum splint kit) maintained on Gator.

Emergency Response/Roles of First Responders:

1. Immediate care of the injured or ill student-athlete - Certified Athletic Trainer or Head Coach
2. Activation of emergency medical system (EMS) - On-Site Administrator or Coach

Activating the EMS System Making

the Call:

- Press 'Outside Line', dial 9-911 (land-line telephone) or 911 (cellular)
- Notify Athletic Trainer, Athletic Director, Principal

Providing Information:

- Name, address, telephone number of caller - Address: 5305 Piney Church Road Waldorf, MD 20602
- Nature of emergency
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder.
- Specific directions as needed to locate the emergency scene – see below • Other information as requested by dispatcher

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3. Emergency equipment retrieval
4. Direction of EMS to scene
 - c. Designate individual to “flag down” EMS and direct to scene
 - d. Scene control – Limit scene to first aid providers and move bystanders away from area.

Venue Directions: Practice Fields are located off Piney Church Rd to the left of the school. There is the main road in front of the school that goes past the tennis courts and provides access to the practice fields.

Venue Map: See Appendix 3

Baseball/Softball Stadium

Emergency Personnel: Whenever possible, a certified athletic trainer will be on site for practices and competitions physician(s) are also available for football competitions (per availability), additional student athletic training students, coaching staff, administrators, Charles County Sherriff's Personnel for assistance and AED response.

Emergency Communication: Certified Athletic Trainer(s) cellular phone; walkie-talkie used for internal communications.

Emergency Equipment: Supplies (AED, vacuum splint kit) maintained on Gator.

Emergency Response/Roles of First Responders:

1. Immediate care of the injured or ill student-athlete - Certified Athletic Trainer or Head Coach
2. Activation of emergency medical system (EMS) - On-site Administrator or Coach

Activating the EMS System Making

the Call:

- Press 'Outside Line', dial 9-911 (land-line telephone) or 911 (cellular)
- Notify Athletic Trainer, Athletic Director, Principal

Providing Information:

- Name, address, telephone number of caller - Address: 5305 Piney Church Road Waldorf, MD 20602
- Nature of emergency
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder.
- Specific directions as needed to locate the emergency scene - see below • Other information as requested by dispatcher

3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Designate individual to "flag down" EMS and direct to scene
 - b. Scene control – Limit scene to first aid providers and move bystanders away from area.

Venue Directions: There is an access road on the Gym side of the school which provides access to both the baseball and softball stadiums.

Venue Map: See Appendix 3

Indoor Facilities: (Gymnasium/Weight Room/Wrestling Room)

Emergency Personnel: Whenever possible, a certified athletic trainer will be on site for all competitions and games; St. Charles Head Coaches (AED/CPR/First-Aid Certified); physicians (limited basis), additional student athletic training students, coaching staff, administrators, CCBOE and Sheriff's Security Personnel for assistance and AED response.

Emergency Communication: Fixed telephone line in Main Office 301-753-2090 or Certified Athletic Trainer(s) / St. Charles Athletic Director's cellular phone; walkie-talkie used for internal communications.

Emergency Equipment: First-Aid Supply Kit will be on bench for all games and practices. AED located on gymnasium wall by the concession stand.

Emergency Response/Roles of First Responders:

1. Immediate care of the injured or ill student-athlete - Certified Athletic Trainer or Head Coach
2. Activation of emergency medical system (EMS) - On-site Administrator or Coach

Activating the EMS System Making

the Call:

- Press 'Outside Line', dial 9-911 (land-line telephone) or 911 (cellular)
- Notify Athletic Trainer, Athletic Director, Principal

Providing Information:

- Name, address, telephone number of caller - Address: 5305 Piney Church Road Waldorf, MD 20602
- Nature of emergency
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder.
- Specific directions as needed to locate the emergency scene - see below.
- Other information as requested by dispatcher.

3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Open appropriate doors
 - b. Designate individual to "flag down" EMS and direct to scene
 - c. Scene control – Limit scene to first aid providers and move bystanders away from area.

Venue Directions: St. Charles High School Gymnasium is located on Piney Church Rd. Enter Parking Lot on Gym side and enter the through double doors on the side of the building.

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Venue Map: See Appendix 3

Pool: (swimming or various sports team conditioning)

Emergency Personnel: Whenever possible, a certified athletic trainer will be on site for all practices and competitions; aquatics manager (certified lifeguard), certified lifeguards, additional student athletic training students, coaching staff, and administrators may all be available with assistance and AED response.

Emergency Communication: Coach's cellular phone; fixed telephone line in pool office and Parks & Recreation front office; Certified Athletic Trainer(s) / Lackey AD's cellular phone; Aquatic Manager's cell phone; walkie-talkie used for internal communications.

Emergency Equipment: First-Aid Supply Kit, BVM and AED on wall in pool area near Aquatics Managers offices closest to the guard stand at the shallow end of pool.

Emergency Response/Roles of First Responders and Procedures:

1. Recognize the emergency (in water or on land) and activate EAP with three short whistle blasts.
2. If two or three lifeguards on duty the closest lifeguard will make the rescue.
3. The second lifeguard notifies the Aquatics Manager, takes over full surveillance of pool and clears the pool if necessary. The lifeguards on duty and Aquatics Manager will assist in rescue if necessary.
4. Immediate care of any life-threatening dangers will be provided by the Lifeguards or Aquatic Managers. The Coach or ATC will provide assistance if necessary to the injured or ill student athlete.
5. If necessary, the Aquatics Manager will call EMS provide first aid or provide crowd control.
6. All emergency response equipment used in the rescue will be checked and corrective action will be taken before allowing swimmers back in the water.
7. **For Facility Emergency:** the EAP will be activated with one long whistle blow. This indicates everyone must clear the pool area. Everyone should be evacuated to the lower parking lot via the exits nearest the entrance. Lifeguards will assist with directing spectators, coaches and swimmers to lower lot. Administrator on duty will assist Aquatics Manager in activating EMS response if necessary, making sure pool area is clear before manager locks up.

Activating the EMS System Making

the Call:

- Press 'Outside Line', dial 9-911 (land-line telephone) or 911 (cellular)
- Notify Athletic Trainer, Athletic Director, Principal

Providing Information:

- Name, address, telephone number of caller - Address: 5305 Piney Church Road Waldorf, MD 20602
- Nature of emergency
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder.
- Specific directions as needed to locate the emergency scene - see below.
- Other information as requested by dispatcher.

5. Emergency equipment retrieval
 - a. UPON EMS ARRIVAL, ASST. COACH SHOULD RETRIEVE EMERGENCY CARD FROM TEAM FIRST AID KIT AND PROVIDE IT FOR THE ATHLETE'S TRANSFER
 - b. On-Site Administrator or Lifeguard
 - c. If the athlete is transported, ATC, Coach, or Athletic Director should contact the appropriate parent or guardian.
6. Direction of EMS to scene
 - d. Open appropriate doors
 - e. Designate individual to "flag down" EMS and direct to scene
 - f. Scene control – Limit scene to first aid providers and move bystanders away from area.

Venue Directions: Enter St. Charles School campus from Piney Church Road (Turn Rt.) proceed straight back toward stadium. On left hand-side Building "Donald M. Wade Aquatic Center" a set of stairs/sidewalk to the pool entrance.

Venue: Tennis Courts

Emergency Personnel: Whenever possible, a certified athletic trainer will be on site for all competitions and games; St. Charles Head Coaches (AED/CPR/First-Aid Certified), student athletic training students, coaching staff, administrators, CMS Security Personnel for assistance and AED response.

Emergency Communication: St. Charles Head Coach cellular phone; fixed telephone line in Main Office; Certified Athletic Trainers/Athletic Director's cellular phone; walkie-talkie used for internal communications.

Emergency Equipment: First-Aid Supply Kit, AED, vacuum splint kit located on Gator or with athletic trainer. Coach will maintain team first aid kit as well.

Emergency Response/Roles of First Responders:

1. Immediate care of the injured or ill student-athlete - Certified Athletic Trainer or Head Coach
2. Activation of emergency medical system (EMS) - On-site Administrator or Coach

Activating the EMS System Making

the Call:

- Press 'Outside Line', dial 9-911 (land-line telephone) or 911 (cellular)
- Notify Athletic Trainer, Athletic Director, Principal

Providing Information:

- Name, address, telephone number of caller - Address: 5305 Piney Church Road Waldorf, MD 20602
- Nature of emergency
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder.
- Specific directions as needed to locate the emergency scene – see below • Other information as requested by dispatcher

3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Open appropriate gates
 - b. Designate individual to "flag down" EMS and direct to scene
 - c. Scene control – Limit scene to first aid providers and move bystanders away from area.

Venue Directions: Tennis Courts are located off of the Bus parking Lot to the left of the school. Use the main road in front of the main entrance to the school.

Venue Map: See appendix 3

Venue: Off-Campus (Cross-Country and Golf)

Emergency Personnel: St. Charles head coach on site for practice and competitions (current first aid/CPR training).

Emergency Communication: Cellular phone carried by St. Charles Head Coach

Emergency Equipment: First aid kit brought to location by coach and/or supplied by venue site.

Emergency Response/Roles of First Responders:

1. Immediate care of the injured or ill student-athlete – Head Coach
2. Activation of emergency medical system (EMS) – Onsite Administrator or Coach

Activating the EMS System Making the Call:

- Call 911 (cellular) or by land-fixed line.
- Notify Athletic Trainer, Athletic Director, Principal

Providing Information:

- Name, address, telephone number of caller
- Nature of emergency
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder.
- Specific directions as needed to locate the emergency scene.
- Other information as requested by dispatcher.

3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Designate individual to “flag down” EMS and direct to scene
 - b. Scene control – Limit scene to first aid providers and move bystanders away from area.

Venue Directions: Varies according to location.

In an emergency situation that takes place at an off-campus facility, the developed emergency plan for that specific facility will take affect and cooperation with the facility administration is required.

TO REMAIN WITH FIRST AID KIT FOR THE 2021-2022 ATHLETIC YEAR

Appendix 1

Definitions

Certified Athletic Trainer (ATC): An allied health care professional educated and skilled specializing in athletic health care. Certified Athletic Trainers are required by the national certifying body and the State of Maryland to maintain our skills through Continuing Education Requirements in health care, while also maintaining current Red Cross for Healthcare Providers (CPR & AED) certification from the American Heart Association and qualifications in First Aid and Emergency Care.

Certified Athletic Trainers, or ATCs, are certified by the National Athletic Trainers' Association Board of Certification, after completing a university course of study leading to a bachelor's or master's degree in athletic training.

This body requires that qualified individuals take extensive written and oral examinations testing their skills in the prevention of injuries/illnesses, the recognition, evaluation, and immediate care of injuries/illnesses, the rehabilitation and reconditioning of injuries/illnesses, administration of this health care plan, professional development and responsibility.

First Responder All coaching personnel / Charles County Public School staff who may be associated with interscholastic sports participation shall be at least minimally qualified as stated in the Charles County Public School and MPSSAA Guidelines.

Appendix 2

Emergency Phone Numbers

St. Charles High School:

Main Office: 301-753-2090

Jennifer Smith: Athletic Director

Office: 301-753-2090

Cellular: 703-472-2831

Tammika Little: Principal

Office: 301-753-2090

Cellular: 240-320-7393

OPEN, St. Charles Athletic Trainer

Cellular:

Michelle Ferguson, Director of Athletic Trainers:

Cellular: 856- 298-8829

Charles County Regional Medical Center:

Main Number: 301-609-4000

Toll Free: 800-422-8585

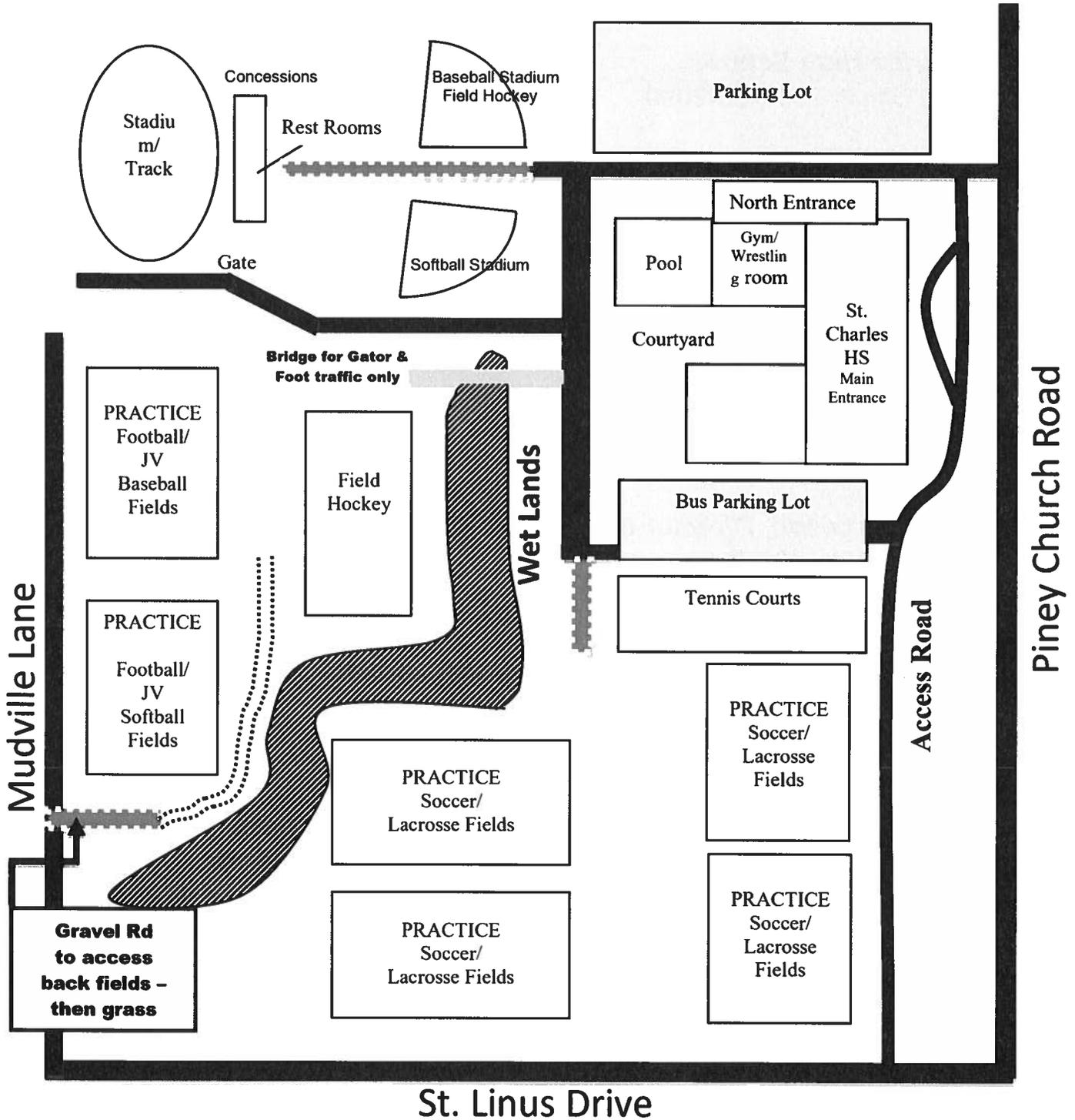
Emergency Room: 301-609-4160

Charles County EMS: 301-609-3499 or 301-609-3460

EMS Dispatch: 911

Appendix 3

Map of St. Charles High School Athletic Venues



ST. CHARLES HIGH SCHOOL

Approved by Tammika Little
Principal – Tammika Little

7/16/25
Date

Approved by Jennifer Smith
Athletic Director – Jennifer Smith

7/11/25
Date

Approved by Michelle Ferguson
Head Athletic Trainer – Michelle Ferguson

8/6/25
Date

Approved by Richard Paule
Director of Athletics, Aquatics and Activities – Richard Paule

7/17/25
Date

Approved by Jason Stoddard
Director of School Safety and Security – Jason Stoddard

8-12-25
Date

Approved by TBD
Chief of School Administration and Leadership – TBD

9/11/25
Date