TIMBERLANE REGIONAL HIGH SCHOOL
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July 13, 2026

Executive Summary: Emergency Action Plan

Senate Bill 148-FN was signed into law on August 10, 2021 and took effect on September 1, 2022. This Bill requires all athletic departments to create and implement Emergency Action Plans for sports-related injuries.

The Timberlane Athletic Department continues to collaborate with our athletic trainer to update the EAP. A revised document has been sent to the SAU for the upcoming August 13, 2026 School Board meeting.

Coaches and student-athletes from our middle school and high school teams are required to practice emergency drills in preparation for a traumatic incident. Coaches assign roles and responsibilities to members of the team. The athletic trainer coordinates drills for each team, and feedback is provided after each drill. We continue to assess our Emergency Action Plan for relevance and best practices.

The safety and security of our coaches, student-athletes, and community members is our highest priority. We believe that this plan will equip our student athletes to respond quickly and effectively in the event of an emergency.

Prepared by: Mr. Angelo Fantasia, CMAA Director of Athletics, TRSD

Emergency Action Plan (EAP)

New Hampshire Law 148-FN requires schools to have Emergency Action Plans (EAPs) for sports-related injuries. These plans outline procedures for handling emergencies, including sports injuries, and are to be implemented by the start of each academic year. Key components include specific actions for coaches and users, reporting procedures, and identifying emergency contacts.

Emergency Roles:

1. Acute care provided by the most qualified personnel on scene.
    a. Check life-threatening conditions.,
    b. Apply basic first aid as a situation arises.
2. Activation of EMS by a calm person with good communication skills.
3. Contact Gina Carbone (Athletic Trainer).
4. Have someone (administrator if possible) awaiting EMS to direct them to the best emergency exit.

AED:

- An AED will be available with our Athletic Trainer or in the specified location indicated in this EAP depending on your location.
- The school will regularly check and maintain the AED according to the manufacturer's instructions.
- Each AED shall be readily accessible in a well-marked and safe place for use in responding to cardiac emergencies. AEDs shall not be locked in an office or be stored in a location that is not easily and quickly accessible during any school sponsored athletic activity; and
- An AED should be onsite or available within one to 3 minutes of the school venue during any school sponsored athletic activity.

Athletics Contact List

- Director of Athletics: Angelo Fantasia, CMAA. angelo.fantasia@timberlane.net 603-382-6541 Ext 3941
- Athletic Trainer: Gina Carbone, NHLAT, ATC. gina.carbone@timberlane.net (603) 382-6541, ext. 3346
- Middle School Athletic Coordinator: Zachary Champion zachary.champion@timberlane.net 603-382-6541 Ext 3923
- High School Principal: John Vaccarezza john.vaccarezza@timberlane.net 603-382-6541 Ext 3901

Emergency Team Roles(Athletic Trainer, School Administration, Coaches):
A. Acute care is provided by the most qualified individual at the scene
B. Emergency equipment retrieval
C. Activation of EMS
D. Meet and direct EMS to the scene (unlock all doors and gates)
E. Head Coaches make sure there is at least one cell phone accessible at all times

Emergency Phone Numbers:
A. Emergency: 911
B. Plaistow Fire: (603) 382-5012
C. Plaistow Police: (603) 382-1200

Local Hospitals and Clinics
A. Hospitals:

Lawrence General Hospital
(978) 683-4000
1 General St. Lawrence, MD 01841

Exeter Hospital
(603) 778-7311
5 Alumni Dr. Exeter, NH 03833

Holy Family Hospital
(978) 374-2000
140 Lincoln Ave Haverhill, MA 01830

Plaistow Emergency Room: A campus of Parkland Medical Center
(603) 257-6100
26 Plaistow Rd, Plaistow, NH, 03865

B. Urgent Care Centers:

- **ClearChoiceMD Urgent Care**
  (603) 797-9289
  127 Plaistow Rd, Plaistow, NH 03865

- **Convenient MD Urgent Care**
  (603) 371-3229
  49 Plaistow Rd, Plaistow, NH 03864

Practice and Competition Fields/Facilities



1. Athletic Wing TRHS (36 Greenough Rd)
    a. Athletic Training Office (Door B12 @ Mini Gym)
    b. 302 A/B Gymnasium Doors B9
    c. 300 Mini Gym
    d. Weight Room
    e. Boys/Girls Locker Rooms (PE and Sports)
2. JV Softball Field
3. JV Soccer Field
4. Varsity Baseball Field
5. Tennis Courts
6. Varsity Softball Field
7. Field Hockey Field
8. Marching Band Practice Field
9. Football/ Boys' Lacrosse/ Track
10. Pole Vault/ Long Jump/ High Jump/ Throwing Circle
11. Varsity Soccer/ Girls' Lacrosse Field
12. JV/ Freshmen/ Middle School Baseball Field
13. Football Practice Field
14. Middle School Soccer Fields
15. Middle School Softball Field
16. Athletic Wing TRMS (44 Greenough Rd)
    a. Gymnasium
    b. Boys'/Girls' Locker Rooms (PE and Sports)
17. Middle School Field Hockey/ Lacrosse Field
18. Cross Country Trails
19. Ropes Course
20. Science Pond

Off-Site Venues

Please note that coaches and players must be aware of EAP procedures at off-site venues

- Methuen High School Ice Rink - 1 Ranger Rd, Methuen, MA, 01844
- Salem ICENTER - 60 Lowell Rd, Salem, NH, 03079
- Pat's Peak Ski Resort - 686 Flanders Rd, Henniker, NH, 03242
- Cedardale Aquatics Center- 931 Boston Rd, Haverhill, MA, 01835
- A2 Gym and Cheer - 16 Garabedian Dr, Salem, NH, 03079
- Phanzone Indoor Complex - 142 NH-111, Hampstead, NH, 03841
- Granite Fields Indoor Complex - 7 NH-125, Kingston, NH, 03848
- Atkinson Country Club - 85 Country Club Dr, Atkinson, NH, 03811

<u>Field Location, Upper fields (Varsity Soccer/Girls Lacrosse, Cross Country, Baseball, Football/Boys Lacrosse Practice field, middle school fields):</u> 36 Greenough Rd, Plaistow, NH 03865

- **AED locations:**
  - With Athletic Trainer
  - Maintenance shed near 1st base of baseball field
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Upper fields:**
  Direct ambulance to go to the field entrances by either dirt road access
  Have someone (an administrator if possible) waiting at the gate to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first. Monitor the athlete until help arrives.

<u>Field Location, Lower Fields (Field Hockey, Varsity Softball, Varsity Baseball, Tennis, Cross Country):</u> 36 Greenough Rd, Plaistow, NH 03865

- **AED locations:**
  - With Athletic Trainer
  - Concession Stand
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Lower fields:**
  Direct ambulance to go to the SAU parking lot
  Have someone (an administrator if possible) waiting at the gate to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first. Monitor the athlete until help arrives.

<u>Field Location, Lower Fields (JV Softball, Track, JV Soccer, Football/Boys Lacrosse, Cross Country):</u> 36 Greenough Rd, Plaistow, NH 03865

- **AED locations:**
  - With Athletic Trainer
  - Concession Stand
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Lower fields:**
  Direct ambulance to go to top of track hill entrance
  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.
    Monitor the athlete until help arrives.

<u>Field Location, Main Gymnasium/Cafe:</u> 36 Greenough Rd, Plaistow, NH 03865

- **AED locations:**
  - With Athletic Trainer
  - Outside Gym or Cafe
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Gymnasium/Cafe:**
  Direct ambulance to go door B9
  Have someone (an administrator if possible) waiting at the door to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.
    Monitor the athlete until help arrives.

Field Location, Mini Gym, Weight Room, Athletic Training Room:

36 Greenough Rd, Plaistow, NH 03865

- **AED locations:**
  - With Athletic Trainer
  - 300 Hallway (Athletic Wing)
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Athletic Wing:**

  Direct ambulance to go to door B12

  Have someone (an administrator if possible) waiting at the door to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first. Monitor the athlete until help arrives.

Field Location, Middle School Gym:

44 Greenough Rd, Plaistow, NH 03865

- **AED locations:**
  - With Athletic Trainer
  - Main Office Hallway near staff bathroom
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Athletic Wing:**

  Direct ambulance to go to door D14

  Have someone (an administrator if possible) waiting at the door to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first. Monitor the athlete until help arrives.

Field Location, Middle School Annex:

44 Greenough Rd, Plaistow, NH 03865

- **AED locations:**
  - With Athletic Trainer
  - Main Office Hallway near staff bathroom
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Athletic Wing:**

  Direct ambulance to go to door D17

  Have someone (an administrator if possible) waiting at the door to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first. Monitor the athlete until help arrives.

Salem Ice Arena

60 Lowell Rd, Salem, NH, 03079

- **AED locations:**
  - With Athletic Trainer
  - Top Floor Main Lobby
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Ice Rink:**

  Direct ambulance to go to the back entrance of the Ice Center/Zamboni entrance

  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first. Monitor the athlete until help arrives.

Methuen High School Ice Rink

1 Ranger Rd, Methuen, MA, 01844

- **AED locations:**
  - With Athletic Trainer
  - Ice Rink
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Ice Rink:**

  Direct ambulance to go to the Main entrance For Ice Rink Door in the front of the building, it will be labeled

  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.

    Monitor the athlete until help arrives.

Cedardale Aquatics Center

931 Boston Rd, Haverhill, MA, 01835

- **AED locations:**
  - Main Lobby
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Pool:**

  Direct ambulance to go to the Main entrance

  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.

    Monitor the athlete until help arrives.

A2 Gym and Cheer
16 Garabedian Dr, Salem, NH, 03079

- **AED locations:**
  - Main Lobby
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Gym:**
  Direct ambulance to go to the Main entrance
  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.
    Monitor the athlete until help arrives.

Phanzone Indoor Complex
142 NH-111, Hampstead, NH, 03841

- **AED locations:**
  - Main Lobby
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Indoor fields:**
  Direct ambulance to go to the Main entrance
  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.
    Monitor the athlete until help arrives.

Granite Fields Indoor Complex
7 NH-125, Kingston, NH, 03848

- **AED locations:**
  - None on site
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Field:**
  Direct ambulance to go to the Main entrance and field location
  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.
    Monitor the athlete until help arrives.

Atkinson Country Club
85 Country Club Dr, Atkinson, NH, 03811

- **AED locations:**
  - Main Building
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Golf course (specific hole):**
  Direct ambulance to go to the Main entrance/closest access to emergency
  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.
    Monitor the athlete until help arrives.

Pat's Peak Ski Resort
686 Flanders Rd, Henniker, NH, 03242

- **AED locations:**
  - With Ski Patrol, First Aid Building
- **Emergency Phone Numbers:**
  - Ski Patrol (603) 428-7911
  - Fire/EMS 911
- **To Activate Ski Patrol, call the number listed, they are available whenever the lifts are running**
- In case of an injury, individuals should go to the First Aid room, located next to the Main Lodge, or call (603) 428-7911.
- Medical evaluations will be done by First Aid staff. If hospital transport is needed, a parent or guardian will be called, and the individual will be transported by ambulance to Concord Hospital

Greenwood Pond
10 Church Street, Kingston, NH 03848

- **AED locations:**
  - None on-site
- **Emergency Phone Numbers:**
  - Fire/EMS 911
- **Directions to Greenwood Pond:**
  Direct ambulance to go to the Main entrance to pond
  Have someone (an administrator if possible) waiting at the entrance to ensure direct access.
- **To Activate EMS system, dial 911**
  - State name, address, telephone number
  - State nature of injury, indication of severity, and number of people injured
  - State that the ambulance will be met by a representative at the entrance (be specific).
  - Ask if further information is needed and allow EMS to hang up first.
    Monitor the athlete until help arrives.