

FITCH HIGH SCHOOL
&
GROTON MIDDLE SCHOOL
ATHLETICS

EMERGENCY ACTION
PLANS

Fitch High School and Groton Middle School - Emergency Action Plans

Table Of Contents

Introduction	2
Contacts & Important Numbers	5
Emergency Action Plans	6
Fitch Athletic Fields	
Groton Middle School Fields	
Fitch High School Gymnasium	
Groton Middle School Gymnasium	
Haley Farm State Park	
Poquonnock Plains Park	
UConn Avery Point	
Rose Garden Ice Arena, Norwich Rink	
Washington Park	
Mystic River Magnet School	
Sutton Park	
Groton Community Center	
Concussion/Head Injury	35
Asthma	36
Anaphylactic Shock	37
Heat Illness	38
Mental Health Emergency	39

Fitch High School and Groton Middle School - Emergency Action Plans

Introduction

Fitch High School Athletics Emergency Action Plan provides coaches and athletic personnel with the information they need to react appropriately and efficiently when faced with a serious injury. Understanding that a serious injury can occur at any time, it is imperative that all individuals involved with our athletic programs are well versed in the protocol and procedures of dealing with an emergency. This plan explains the process along with giving specific instructions on how to deal with an emergency situation at all Fitch High School Athletic venues.

The health and well-being of the student athletes depends on the expedient action of those in charge. All staff that works with students will be required to familiarize themselves with this

Preventative Steps:

1. Make sure your team medical kit is fully stocked
2. For home events (practices/games), coaches should cell phone available each day.
3. Coaches must have Emergency Medical Contact sheets with them at all times for their athletes and team managers
4. Know the location of the closest AED (when possible)

Follow Up:

1. Coordinate with Athletic Trainer to complete an accident report within 24 hours of the incident. If athletic trainer not present for injury, the coach is responsible for completing this and submitting it to the Athletic Director within 24 hours.
2. Follow up with Parent/Guardian
3. Communicate with Athletic Trainer regarding restrictions, return to play protocols and other medical concerns.

plan, taking part in any training herein.

Fitch High School and Groton Middle School - Emergency Action Plans

Components of the Emergency Plan

Every emergency action plan consists of the following three components:

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment

Emergency Personnel

Typically, the first responder to an injury is a certified Athletic Trainer. In his/her absence, the coach in charge assumes first responder responsibilities. For that reason, all members of the coaching staff will be educated on the emergency action plan, be expected to review the EAP annually and understand what procedures should be followed. Athletic personnel may play a valuable role in providing accurate information and support. First responders will yield to the more qualified responders: police, EMT's, fire fighters, but shall not leave the athlete or scene until instructed to do so.

Athletic Personnel Responsibilities

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

Be sure appropriate gates/doors are open. Send an adult out to meet and direct the ambulance and other emergency personnel. Ambulance and police have a gate key in the event it is locked. Designate an individual to wait for EMS at the gate/door and then to direct EMS to the scene. If no guardian is available, a coach must accompany the athlete with EMS.

Emergency Communication

In any emergency situation, communication will play a key role in obtaining appropriate care for the athlete in a prompt manner. With the prevalence of cell phones now, knowing the whereabouts of the nearest working landline may not seem important. Coaches will familiarize themselves with the location of a landline, in addition to having knowledge of the whereabouts of a charged, available cell phone at all venues (home and away).

Fitch High School and Groton Middle School - Emergency Action Plans

Emergency contact information of all members of the team will be kept with the coach at all times. In the event of an emergency, this information should be reviewed, kept nearby and turned over to emergency medical personnel upon arrival. This form will go to the hospital with the athlete.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- name, address, telephone number of caller
- nature of emergency, whether medical or non-medical
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by AT/Physician
- specific directions as needed to locate emergency
- other information as requested by dispatcher

Emergency Equipment

Each season the Athletic Trainer will provide to each team a medical kit that includes the supplies needed for basic first aid. Coaches are expected to have this kit with them on site at every practice and game. Kits are to be easily accessible by any member of the coaching staff. It is the responsibility of the coaching staff to ensure the kit stays stocked. When supplies are low, the kit should be left with the Athletic Trainer to be filled. All efforts should be made to keep students from accessing the supplies in the medical kit so a better inventory can be kept. In the event the Athletic Trainer is not present, emergency medical services should be contacted and coaches should rely on the equipment they have on hand.

Coaches have all received training in Basic First Aid and CPR/AED as a condition of employment. Members of the coaching staff should also be aware of the location of the AED's on site. AED's can be found in the main lobby of the high school and middle school, and Board of Education entrance. The Athletic Trainer also has an AED with them at all times, and each athletic team is assigned an AED for the season.

Process

All coaches, including volunteer coaches, will review this EAP annually at the pre-season coaches meetings. Thereafter, coaches will review the emergency action plan with their staff and student-athletes.

Fitch High School and Groton Middle School - Emergency Action Plans

Protocol established within this document will be reviewed annually by members of the Athletic Department, the certified Athletic Trainer, and the Director of Facilities. Additionally, any serious injury or critical incident will be discussed thoroughly and all action taken reviewed by committee.

Conclusion

Understanding emergency situations may arise at any time during athletic practices and games, a little pre-planning will go a long way in getting you through a stressful situation. The timely response of those in charge could affect the outcome of the emergency. Being effective in communicating and dealing with the situation is a necessary requirement of the position.

Using detailed preparation in order to understand and implement the Emergency Action Plan, we ensure the student athletes, under our supervision, will be provided the best care when an emergency presents itself.

Contacts & Important Numbers

CONTACTS

Name	Title	Phone Number	Availability
Marc Romano	Director of Athletics	860-213-9744	
Bethany Grady	Athletic Trainer	860-204-2916	
Matthew Brown	FHS Principal	860-215-1690	
Amy McKenna	FHS Asst Principal	860-912-9657	
Adam Diskin	FHS Asst Principal	860-287-6886	
Carmita Hodge	FHS Asst Principal	475-342-2872	
Heather Lemire	FHS School Nurse	860-449-7211	M-F during school hours
Rachel Drake	School based health center APRN	860-449-7200	M-F during school hours
Peter Bass	GMS Principal	860-215-6880	
Keith Danieluk	GMS Asst Principal	860-235-1256	
Jemal Davis	GMS Asst Principal	860-204-9716	

Fitch High School and Groton Middle School - Emergency Action Plans

Samantha Singleton	GMS Asst Principal	860-204-2049	
Jayne Dumais	GMS School Nurse	860-446-4237	M-F during school hours
Susan Austin	Superintendent	860-271-3590	
Sam Kilpatrick	Director of Building and Grounds	860-625-8005	

IMPORTANT NUMBERS

Groton Police & Fire- Emergency 911

Groton Police- Routine Calls 860-441-6607

Poison Control 1-800-222-1222

Robert E. Fitch High School (P) 860-449-7200 (F) 860-449-7255

Groton Middle School (P) 860-446-4200 (F) 860-445-0380

Fitch High School and Groton Middle School - Emergency Action Plans

Fitch Athletic Fields- Football, Track and Field

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to **parking lot by the painted shed** to direct EMS/Police to location of injured athlete.
- 4) **Gate to the fields must be unlocked** for EMS to get to specified field. AT or EMS has keys to unlock gate.
- 5) **Contact Athletic Trainer and Athletic Director, if not on site.**
- 6) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 7) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **Fitch Athletic Fields [specific field], 101 Groton Long Point Rd, Groton, CT 06340**
- **Give Specific Directions: at the rotary take the first exit and continue to the back of the building, follow the road down the hill to the track**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) On coach
- 2.) Inside field house building

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
 - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: Inside field house 2nd choice: If necessary, buses/vehicles if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Fitch Athletic Fields-

Baseball, Tennis

Emergency Action Plan for serious injury



*A serious injury is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to **3rd baseline** to direct EMS/Police to location of injured athlete.
- 4) **Gate to the fields must be unlocked** for EMS to get to specified field. AT or EMS has keys to unlock gate.
- 5) **Contact Athletic Trainer and Athletic Director, if not on site.**
- 6) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 7) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **Fitch Athletic Fields [specific field], 101 Groton Long Point Rd, Groton, CT 06340**
- **Give Specific Directions: at the rotary take the second exit and continue to the back of the building, follow the access road to the fields.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) On person
- 2.) Inside building, outside doors of gym

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1.) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2.) Designate an individual to monitor weather activity during contest
 - a. Utilize cell phone weather monitoring program, if applicable
- 3.) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4.) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: Inside building. 2nd choice: If necessary, buses/vehicles if they are onsite

Fitch High School and Groton Middle School - Emergency Action Plans

Groton Middle School Athletic Fields- Softball, Grass Soccer, Turf

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to **3rd baseline** to direct EMS/Police to location of injured athlete.
- 4) **Gate to the fields must be unlocked** for EMS to get to specified field. AT or EMS has keys to unlock gate.
- 5) **Contact Athletic Trainer and Athletic Director, if not on site.**
- 6) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 7) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **Groton Middle School Fields, use high school entry for access 101 Groton Long Point Rd, Groton, CT 06340**
- **Give Specific Directions: at the rotary take the first exit and follow the signs for Groton Middle School, follow the access road to the fields.**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1) On person
- 2) In turf shed

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
 - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: Inside building. 2nd choice: If necessary, buses/vehicles if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Fitch High School Gymnasiums-

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

1. The AT/Coach will activate the emergency system- call 911 (see box below)
2. The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
3. The AT/Coach will direct assigned coaches and student-athletes to go to **back entrance of school** to direct EMS/Police to location of injured athlete.
4. **Contact Athletic Trainer and Athletic Director, if not on site.**
5. Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
6. Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
7. After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **Fitch Gymnasium, 101 Groton Long Point Rd, Groton, CT 06340**
- **Give Specific Directions: take second exit at the rotary and follow the road to the back of the building**
 - For small gym → enter at side entrance**
 - For large gym → continue to back of the building**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) Inside building, outside of small gym

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

1. AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
2. Designate an individual to monitor weather activity during contest
 - a. Utilize cell phone weather monitoring program, if applicable
3. When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
4. Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: Stay inside school.

Fitch High School and Groton Middle School - Emergency Action Plans

Groton Middle School Gymnasium-

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to **back entrance of school** to direct EMS/Police to location of injured athlete.
- 4) **Contact Athletic Trainer and Athletic Director, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **Groton Middle School Gymnasium, 35 Groton Long Point Rd, Groton, CT 06340**
- **Give Specific Directions: back of the school entrance**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 2.) Inside building, outside of gym

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

5. AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
6. Designate an individual to monitor weather activity during contest
 - a. Utilize cell phone weather monitoring program, if applicable
7. When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
8. Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: Stay inside school.

Fitch High School and Groton Middle School - Emergency Action Plans

Haley Farm State Park-

Cross Country

Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to go to **back entrance of school** to direct EMS/Police to location of injured athlete.
- 4) **Contact Bethany Grady (AT) and Marc Romano (AD), if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **24 Haley Farm Lane, Groton, CT 06340**
- **Give Specific Directions:**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1) On person

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather "watch" or "warning"
- 2) Designate an individual to monitor weather activity during contest

Fitch High School and Groton Middle School - Emergency Action Plans

Utilize cell phone weather monitoring program, if applicable

- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: If available, buses

Fitch High School and Groton Middle School - Emergency Action Plans

Poquonnock Plains Park- Soccer, Lacrosse



Emergency Action Plan for serious injury

*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

1. The AT/Coach will activate the emergency system- call 911 (see box below)
2. The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
3. The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
4. **Contact Bethany Grady (AT) and Marc Romano (AD), if not on site.**
5. Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
6. Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
7. After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **150 Fort Hill Road, Groton, CT 06340**
- Give Specific Directions to location of emergency
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Fitch High School and Groton Middle School - Emergency Action Plans

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

1. Portable AED, with coach

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: Buses and cars if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

UConn Avery Point Branch-

Swimming

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
- 4) **Contact Bethany Grady (AT) and Marc Romano (AD), if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

**** ACTIVATE UCONN AVERY POINT SECURITY ****

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **1084 Shennecossett Road, Groton, CT 06340**
- Give Specific Directions to access the building
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) Inside building

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

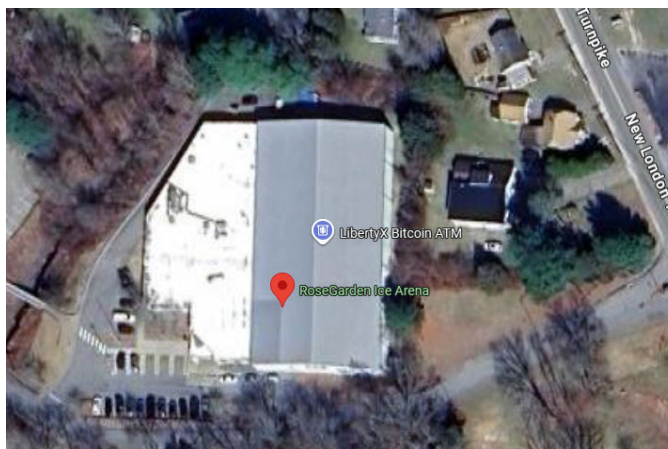
- 1) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: Inside school. 2nd choice: Buses if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Rose Garden Ice Arena, Norwich Ice Rink

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
- 4) **Contact Bethany Grady (AT) and Marc Romano (AD), if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **641 New London Turnpike, Norwich, CT 06360 ****SECURITY******
- **Give Specific Directions to location**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) Inside building

Fitch High School and Groton Middle School - Emergency Action Plans

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1.) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2.) Designate an individual to monitor weather activity during contest
Utilize cell phone weather monitoring program, if applicable
- 3.) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4.) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: Stay inside building 2nd choice: Buses/Vehicles if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Washington Park- Baseball and Softball

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1.) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2.) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3.) The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
- 4.) **Contact Athletic Trainer and Athletic Director, if not on site.**
- 5.) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6.) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7.) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **155 Meridian Street, Groton, CT 06340**
- **Give Specific Directions: Specify Meridian St or Park Ave access to fields**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) Portable AED, with coach

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1.) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2.) Designate an individual to monitor weather activity during contest
Utilize cell phone weather monitoring program, if applicable
- 3.) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4.) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: Buses/Vehicles if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Mystic River Magnet School- Baseball

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1.) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2.) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3.) The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
- 4.) **Contact Athletic Trainer and Athletic Director, if not on site.**
- 5.) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6.) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7.) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **160 Fishtown Road, Mystic, CT 06355**
- **Give Specific Directions:**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Fitch High School and Groton Middle School - Emergency Action Plans

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) On person
- 2.) Inside building, front entrance of building

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1.) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2.) Designate an individual to monitor weather activity during contest
Utilize cell phone weather monitoring program, if applicable
- 3.) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4.) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

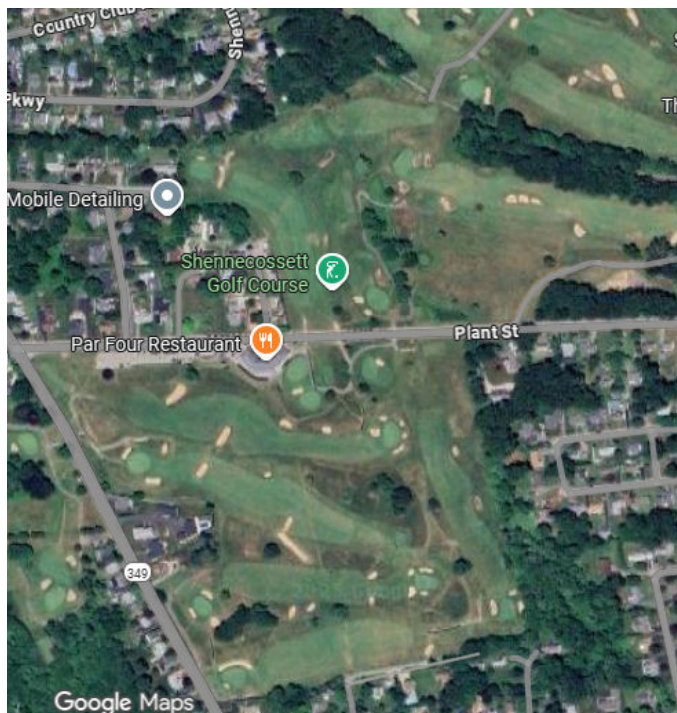
Area of Refuge: 1st choice: Inside school. 2nd choice: Buses/vehicles if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Shennecossett Golf Course

Golf

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1.) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2.) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3.) The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
- 4.) **Contact Athletic Trainer and Athletic Director, if not on site.**
- 5.) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6.) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7.) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Fitch High School and Groton Middle School - Emergency Action Plans

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- 93 Plant Street, Groton, CT 06340
- **Give Specific Directions: to clubhouse or specific location**
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1) Inside clubhouse

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1.) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2.) Designate an individual to monitor weather activity during contest
 - a. Utilize cell phone weather monitoring program, if applicable
- 3.) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge.
- 4.) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

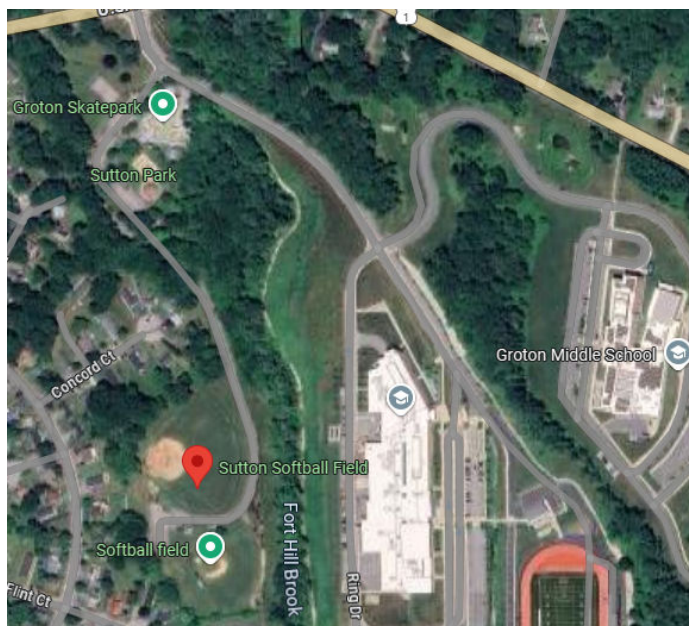
Area of Refuge: 1st choice: Inside clubhouse 2nd choice: Buses/vehicles if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Sutton Park-

Softball

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1.) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2.) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3.) The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
- 4.) **Contact Athletic Trainer and Athletic Director, if not on site.**
- 5.) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6.) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7.) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location-
- Give Specific Directions to location of emergency
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Fitch High School and Groton Middle School - Emergency Action Plans

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) On person

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1.) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2.) Designate an individual to monitor weather activity during contest

Utilize cell phone weather monitoring program, if applicable

- 3.) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4.) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

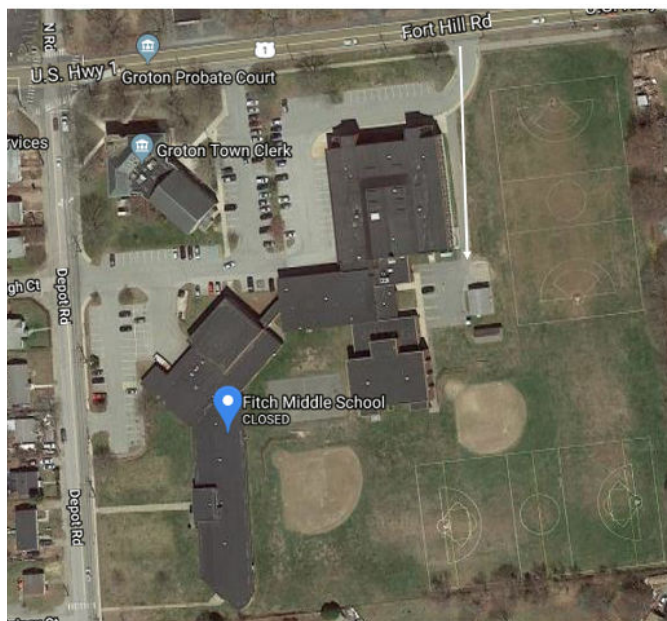
Area of Refuge: 1st choice: Buses and cars if onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Groton Community Center-

Lacrosse, Soccer

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 1.) The AT/Coach will activate the emergency system- call 911 (see box below)
- 2.) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3.) The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
- 4.) **Contact Athletic Trainer and Athletic Director , if not on site.**
- 5.) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6.) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 7.) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **61 Fort Hill Road, Groton CT 06320**
- Give Specific Directions to location of emergency
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Fitch High School and Groton Middle School - Emergency Action Plans

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 1.) On person

Lightning/Severe Weather

Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action.

Actions

- 1.) AD/AT/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”

- 2.) Designate an individual to monitor weather activity during contest

Utilize cell phone weather monitoring program, if applicable

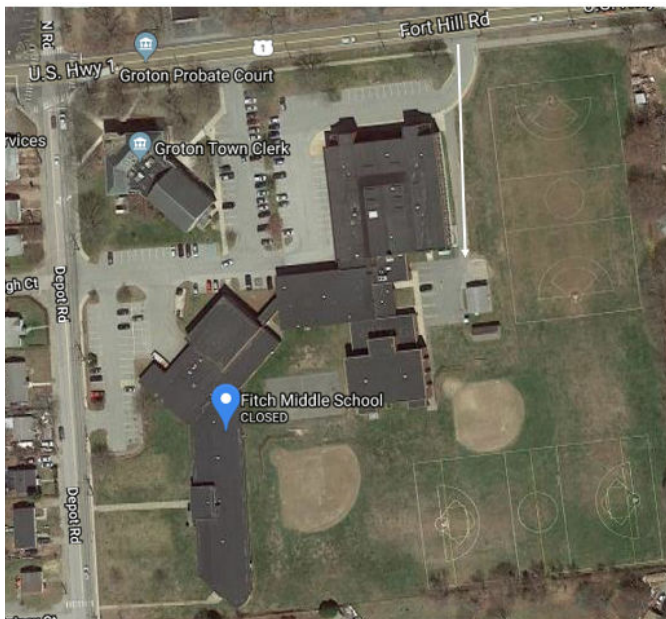
- 3.) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4.) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

Area of Refuge: 1st choice: Inside Building. 2nd choice: Buses and cars if they are onsite.

Fitch High School and Groton Middle School - Emergency Action Plans

Stonington High School Gymnasium- Gymnastics

Emergency Action Plan for serious injury



*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

Actions:

- 8.) The AT/Coach will activate the emergency system- call 911 (see box below)
- 9.) The AT/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 10.) The AT/Coach will direct assigned coaches and student-athletes to direct EMS/Police to location of injured athlete.
- 11.) **Contact Athletic Trainer and Athletic Director , if not on site.**
- 12.) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 13.) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to.
- 14.) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

Activating the EMS System

Making the Call:

Designate responsible adult or student athlete to call 911

911- Give accurate details and location, place spotters to direct EMS, stay on line.

Providing Information:

- Name and telephone number of caller
- Location- **176 South Broad Street Pawcatuck CT 06379**
- Give Specific Directions to location of emergency
- Condition of athlete(s)
- First aid treatment initiated by AT/Physician/Coach

Fitch High School and Groton Middle School - Emergency Action Plans

AED Locations for this Site:

Athletic Trainer will carry an AED while on site. If Athletic Trainer is not present, the closest AED locations are listed below for this site.

- 2.) Directly outside of gymnasium

Fitch High School and Groton Middle School - Emergency Action Plans

Injury Action Plan for dealing with Concussions:

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

*Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

If you suspect that a player has a concussion...

1. Immediately remove the athlete from play and seek evaluation from the covering Certified Athletic Trainer (AT).
2. If there is NO AT present, observe the athlete for signs and symptoms of a concussion:

Signs Observed by Coach	Symptoms reported by athlete
• Player appears dazed and sometimes with vacant stare • General confusion • Athlete forgets plays • Player seems disoriented • Player seems overly emotional (laughing, crying) • Player demonstrates balance issues and difficulty standing or walking • Loss of Consciousness---CALL 911 • Changes in normal behavior/personality • Repetitive speech or delayed speech • Vomiting by athlete	• Headache • Nausea • Balance Problems or dizziness • Double/blurred vision • Sensitivity to light/noise • Feeling very fatigued • Feeling “foggy” • Concentration/memory problems • Irritability • Sadness • Feeling more emotional

*(based on the National Federation of High School Associations’ Sports Medicine Handbook, Third Edition)

3. If any of the signs/symptoms listed above are reported/observed, the athlete is not to return to play. If unsure, keep athlete out until he/she is evaluated by a medical professional.
If an athlete loses consciousness, call 911 immediately!
4. Notify the athlete’s parents/guardians of the possible concussion within 24 hours of the incident. Advise the athlete/parents to follow up with the Athletic Trainer the following day and to seek emergency medical attention should condition worsen.
5. Notify the AT about the injury and fill out an Accident Report documenting the injury. This will have to be given to the Athletic Office or Nurses the next day.
6. **NO athlete is to return to play without being cleared by an MD, DO APRN and/or the AT. A specific return to play protocol is required prior to return to unrestricted play with a concussion diagnoses.**

Fitch High School and Groton Middle School - Emergency Action Plans

Injury Action Plan for dealing with Asthma:

- Coaches should be aware and have a list of all athletes who have a history of asthma and exercise induced asthma.
- All athletes with asthma who require the use of an inhaler should be instructed to carry their inhaler with them at ALL times.

Signs and Symptoms of Acute Flare-Ups:

- Wheezing or spastic coughing
- Complaints of chest tightness or discomfort
- Rapid heart rate
- Rapid/shallow breathing
- Tripod positioning (leaning over with hands on knees)
- Blue lips/fingernails: if SEVERE

In the event of an Acute Flare-up:

1. Immediately remove athlete from play and place athlete in seated position, leaning forward slightly.
2. Keep the athlete calm and instruct to take deep breaths.
3. Obtain the athlete's inhaler medication and give to athlete to self-administer. DO NOT HAVE ATHLETE USE ANOTHER ATHLETE'S INHALER. If the athlete does not have an inhaler with them then go to step 5.
4. Only help the athlete should he/she have difficulty with self-administration.

Proper Use of an Inhaler:

- a. Remove cap and hold inhaler upright
- b. Shake the inhaler
- c. Instruct athlete to tilt head back slightly and exhale through the mouth
- d. Instruct athlete to put mouth around the opening of the inhaler insuring a seal
- e. Instruct the athlete to push down once on the inhaler while inhaling deeply
- f. Instruct athlete to hold breath for about 10 seconds to get the medication down into the lungs
- g. Dosage may be repeated only as directed by the athlete's physician

*(based on the National Federation of High School Associations' Sports Medicine Handbook, Third Edition)

5. Encourage the athlete to breathe "in through the nose, out through the mouth".
 - a. Instruct athlete to breathe in through the nose for a count of 2
 - b. Instruct athlete to then breathe out slowly through the mouth for a count of 4 concentrating on using the abdominal muscles to contract while exhaling.
6. Emergency Care is required if the following signs occur:
 - a. Athlete has increased breathing difficulty (hunched over, gasping for air, cessation of breathing)
 - b. Lips or finger nails turn blue or gray
7. Notify the athlete's parents should the athlete's condition not improve with inhaler administration or emergency care is needed. Encourage the athlete to follow up with the Athletic Trainer upon return to school following incident.
8. Notify the AT about the incident and fill out an Accident Report documenting the injury. This will have to be given to the Athletic Office or Nurses the next day.
9. NO athlete is to return to play without being cleared by their doctor (if emergency care required) and then the AT.

Fitch High School and Groton Middle School - Emergency Action Plans

Injury Action Plan for dealing with Anaphylactic Shock:

- Coaches should be aware and have a list of all athletes who have a history of allergies which require the use of an Epinephrine injector.
- All athletes with a severe allergy who require the use of an Epinephrine injector should be instructed to carry their Epinephrine injector with them at ALL times.

Signs and Symptoms of Anaphylactic Shock:

- Skin reactions including hives and itching, flushed or pale skin (almost always present with anaphylaxis)
- Constriction of the airways and a swollen tongue or throat, which can cause wheezing and trouble breathing
- A weak and rapid pulse
- Nausea, vomiting or diarrhea
- Dizziness or fainting

*(taken from “Anaphylaxis” from www.mayoclinic.com)

If you suspect an athlete is going into anaphylactic shock...

1. Obtain athlete's prescribed Epinephrine injector and give to athlete for self-administration. **DO NOT ADMINISTER Epinephrine inject FOR THE ATHLETE.**
2. Notify the covering AT of athlete's status
3. **Call 911**—Inform the dispATher that you have an athlete going into anaphylactic shock.
4. Notify the athlete's parents of the incident. Follow the Emergency Action Plan specific to the activity location.
5. Notify the AT about the incident and fill out an Accident Report documenting the injury. This will have to be given to the Athletic Office or Nurses the next day.
6. NO athlete is to return to play without being cleared by their doctor and then the AT.

Fitch High School and Groton Middle School - Emergency Action Plans

Injury Action Plan for dealing with Heat Illness:

- Prevention of heat illness begins with aerobic conditioning, which provides partial acclimatization to the heat. Student athletes should be exposed to hot and/or humid environment conditions **gradually over a week** to achieve acclimatization.
- In extreme temperatures and conditions all attempts should be made to practice at cooler times of the day.
- Hydration should be maintained during training with multiple breaks an hour placed into the schedule.

Signs and Symptoms of Heat Illness:

Heat Exhaustion

- Profound weakness
- Exhaustion
- Dizziness/fainting
- Muscle cramping
 - Treatment
 - Rest in cool, shaded environment
 - Fluids
 - Student athletes should not be allowed to practice or compete for the remainder of that day

Heatstroke

- Very high body temperature, rectal temperature of $\geq 104^{\circ}\text{ F}$
- Hot, dry skin, which indicates failure of the body to cool itself.
- Possible seizure or coma
 - Treatment
 - **Call 911** – Follow Emergency Action Plan for specific location
 - Immediate cooling of body by removal of excess clothing
 - Immersion in cold water
 - Wetting the body and fanning vigorously
 - **Cool before transporting**

Protocol

1. Notify the athlete's parents of the incident.
2. Notify the AT about the incident and fill out an Accident Report documenting the injury. This will have to be given to the Athletic Office or Nurses the next day.
3. NO athlete is to return to play without being cleared by their doctor and then the AT.

Fitch High School and Groton Middle School - Emergency Action Plans

Mental Health Emergency Action Plan Policy

This policy outlines the procedure for responding to **urgent mental health crises** involving student-athletes. The primary goal is to provide a swift, supportive, and safe response, ensuring the student-athlete receives immediate care and appropriate follow-up. This plan is designed to be used by athletic staff, including coaches, athletic trainers, and administrators.

I. Recognizing a Mental Health Crisis

A mental health crisis is any situation in which a student-athlete's behavior or emotional state poses an **immediate danger** to themselves or others, or when their distress is so severe that they are unable to function or manage their safety.

Warning Signs (May Indicate an Immediate Risk):

- **Verbal Threats:** Direct or indirect statements about wanting to harm or kill themselves or others ("I can't go on," "Everyone would be better off without me," "I'm going to make *them* pay").
- **Behavioral Indicators:** Sudden, significant changes in behavior (e.g., giving away possessions, acquiring means to self-harm, extreme agitation, uncontrolled rage, inability to be calmed).
- **Self-Injury:** Evidence of serious self-harm or previous attempts.
- **Extreme Panic or Disorientation:** Being out of touch with reality, expressing paranoia, or experiencing severe, uncontrollable panic attacks.

II. Emergency Response Procedure

This procedure applies when a staff member determines an immediate risk to the student-athlete's or others' safety exists.

Step	Action	Responsible Party	Notes
1. Ensure Safety & Stability	Do not leave the student-athlete alone. Move them to a private, quiet, and secure location, if safe to do so. Remove any potentially dangerous objects from the immediate area.	First Responder (Coach/Athletic Trainer)	Remain calm. Speak in short, simple sentences. Listen non-judgmentally.
2. Notify Essential Personnel	Immediately contact the Designated Mental Health Emergency Contact (e.g., Head Athletic Trainer, Team Physician, Counseling Services Director).	First Responder	Provide a brief, objective description of the situation and the student-athlete's location.
3. Contact Emergency Services	If there is an immediate and uncontrollable threat of suicide, violence, or life-threatening self-injury, call 911 (or campus police) . Await the arrival of the designated personnel or emergency services.	Designated Contact/First Responder	Clearly state the nature of the emergency ("This is a mental health emergency") and the location.
4. Transfer of Care	Follow their instructions for the next steps, which may include transport to a hospital or mental health facility.	First Responder	Maintain a supportive presence until the student-athlete is under the care of medical or crisis professionals.

Fitch High School and Groton Middle School - Emergency Action Plans

Step	Action	Responsible Party	Notes
5. Documentation & Reporting	Document the incident as soon as possible after the event, strictly adhering to confidentiality protocols (e.g., HIPAA, FERPA).	Designated Contact	The report must be factual, detailing observations, actions taken, timeframes, and who was contacted.

III. Roles and Responsibilities

Role	Primary Responsibilities in a Crisis
First Responder (Coach/Athletic Trainer)	Initial assessment, ensure immediate safety, contact essential personnel, remain with the student-athlete, and support the transfer of care.
Designated Mental Health Emergency Contact	Coordinate the emergency response, contact 911 if necessary, liaise with campus security/counseling services, and manage the documentation process.
Athletic Director/Administration	Ensure the necessary resources are available, manage communications with the student-athlete's family (if appropriate and following privacy laws), and coordinate academic/athletic support during recovery.
Counseling Services/Mental Health Professionals	Provide professional crisis assessment, intervention, and determine necessary follow-up care (e.g., hospitalization, immediate counseling).

IV. Confidentiality and Communication

All information regarding a student-athlete's mental health is confidential and must be handled in accordance with federal and state laws, including **FERPA** (Family Educational Rights and Privacy Act) and **HIPAA** (Health Insurance Portability and Accountability Act).

- **Need-to-Know Basis:** Information should only be shared with those directly involved in the emergency response, treatment, or legally responsible for the student's safety.
- **Family Communication:** Communication with parents/guardians must follow institutional policy regarding minors/adult students and adhere to privacy laws. The student-athlete's safety is the first priority.
- **Team Communication:** Only general, non-specific information should be shared with the team, emphasizing support for the affected athlete and providing resources for their own well-being.

V. Post-Incident Follow-Up

1. **Reintegration Plan:** A formal plan for the student-athlete's return to athletic participation and academics must be developed by the sports medicine staff, mental health professional, and administration.
2. **Staff Debriefing:** The athletic staff involved in the incident must meet with a mental health professional for a debriefing to process the event, review the response, and identify areas for improvement.
3. **Review:** This Emergency Action Plan will be reviewed and updated annually, with mandatory training for all athletic staff.