

Catoctin High School



Emergency Action Plan (Athletics)

Updated: September 6, 2022

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Catoctin High School Emergency Action Plan

Purpose:

The Emergency Action Plan (EAP) is developed to ensure the safety of and provide the best immediate care for all student athletes. Athletic injuries can occur at any time and at any level of participation and the EAP is in place to ensure that these injuries are managed and cared for appropriately. All members of the Sports Medicine Team, including the Certified Athletic Trainer (ATC), Team Physician, Emergency Medical Personnel, coaches, and school staff, must be familiar with the EAP to best provide assistance and care for an injured student athlete.

Components of the EAP:

- Emergency Personnel
- Emergency Communication
- Emergency Equipment
- Roles of Certified Athletic Trainers, Coaches, and Administrators
- Venue Directions and Protocols

Sports Medicine Team:

Certified Athletic Trainer:

Cell:

Office: (240) 236-8189 ext. 68189

Team Physician: Dr. Mihir Jani

Frederick Health Orthopedics and Sports Medicine

Office: (301) 663-9573

Emergency Medical Personnel: Thurmont Community Ambulance Service, Inc.

Emergency Number: 911

Athletic Director: Keith Bruck

Cell:

Office: (240) 236-8090

Assistant Athletic Director: Kim Flabbi

Cell:

Office: (240) 236-8080

Coaches and Assistant Coaches

Athletic Training Student Aides

CPR/AED Training

The ATC, Team Physician, and Emergency Response Personnel are trained/certified in Cardiac Pulmonary Resuscitation (CPR), Automated External Defibrillator (AED), First Aid, and prevention of disease transmission. In the event that the ATC or Team Physician is not present, the Head Coach will assume the role of the first responder and provide immediate care.

Catoctin High School Emergency Action Plan

Roles of the Sports Medicine Team:

1. Establish the safety of the scene and primary care of the athlete
2. Activate the Emergency Medical System (EMS)
3. Retrieve emergency equipment
4. Direct EMS to the scene

Roles of the Certified Athletic Trainer (ATC):

- Preventative care for all student-athletes
- Evaluation, immediate treatment of injuries, rehabilitation, use of modalities
- Return to play decision of the injured student-athletes
- Physician referral as needed for the injured student-athletes
- Communication with parents, coaches, and physicians regarding the student-athletes
- Activation of EMS and immediate care for injured student-athletes

Role of Athletic Training Student Aides

- Contact EMS (if instructed)
- Assist ATC in immediate care for injuries
- Retrieval of emergency equipment

Roles of the Athletic Directors/Administrators:

- Crowd control
- Secure the scene when there is an emergency situation

Roles of the Head Coach:

- Provide immediate emergency care as a first responder to an injury
- Remove athletic team members from the area during an emergency
- Contact EMS (if instructed)

Roles of the Assistant Coach:

- Provide immediate emergency care as a first responder to an injury
- Crowd control/scene control
- Retrieve emergency equipment
- Contact EMS (if instructed)
- Direct EMS personnel to scene
- Designate individual to meet and direct EMS to scene

Catoctin High School Emergency Action Plan

- Accompany injured athlete in ambulance to hospital if no parent/guardian present

Communication:

Immediate communication is key in the proper management of an injury or an emergency. At least one member of the coaching staff should have a cellular phone at all practices in case of an emergency. It is also necessary to know the location of the nearest telephone in the event that a cellular phone is not working.

In the event of an emergency (or suspected emergency), the Certified Athletic Trainer (ATC) should be contacted immediately, if not already present. The ATC will be in possession of a cell phone at all practices and events. In the event of cardiac or respiratory emergency, activate EMS immediately.

Emergency Equipment:

Automatic External Defibrillator (AED) – Multiple AEDs are located on campus. The ATC will be in possession of an AED located in the Athletic Training Facility or on the gator. Additional AEDs are located outside the AD's office, outside the nurse's office near the elevator, at the football concession stand, the lacrosse/soccer field shed, and the baseball/field hockey field shed.

Biohazard Bag – there are biohazard (red) bags located in the Athletic Training Room. These bags are marked with the hazard symbol and are to be used for any materials used for cleanup of blood or bodily fluids.

Cell phone – the ATC will be in possession of a cell phone at all times during practices and home events.

Emergency Medical Kit – each team will be given at the beginning of the season an Emergency Medical Kit. This kit is to be taken with the team to all away events and to be at all practices and home events. They are labeled with the team's name and contain tape, gauze, Band-Aids, gloves, CPR masks, and scissors. A comprehensive master kit will be with the ATC at all times during home practices and events.

Epi-Pen (Epinephrine Autoinjector) – If an athlete has a known severe allergy, he/she can be cleared to carry his/her Epi-Pen with him/her during practice and events. In the event that an Epi-Pen is needed, first use the athlete's if possible. If this is not possible, emergency Epi-Pens are located in the ATC's master medical kit.

Rapid Cooling Equipment – If an athlete has a severe heat illness issue, rapid cooling of the body should be initiated as soon as possible. (See Exertional Heat Illness EAP). CHS has two Cold Water Immersion (CWI) tubs and the ATC will carry a tarp on the gator at all times. The CWI tub will be located at the cul-de-sac between the football and soccer practice fields with 3 10-gal coolers full of ice to submerge or douse an athlete's body in cool water. Additional ice water coolers can be retrieved from the athletic training room.

Splints – The red emergency bag with the vacuum splints is located in the Athletic Training Facility at all times. The ATC is in possession of SAM Splints at all times. These are located in the Emergency Medical Kit.

Emergency Medical Transportation:

Every member of the Sports Medicine Team must be familiar with the location of access gates to the different facilities as EMS will not be on campus for athletic events. This is communicated to the dispatcher when EMS is activated. In the event that transportation is needed by Emergency Medical Services (EMS), a school representative will accompany the athlete in the ambulance unless a member of his/her immediate family is present.

Evaluation and Edits

Catoctin High School Emergency Action Plan

This plan will be reviewed each year in July and can be updated as needed. Updates will be documented by the Athletic Trainer and kept on file in the athletic training facility.

Catoctin High School Emergency Protocol

1. Call 911 (Thurmont Community Ambulance Services, Inc.). **STAY CALM**
2. Instruct EMS that there is an emergency situation at “Catoctin High School _____(field/ gymnasium) located at 14745 Sabillasville Road.”
3. Provide information to dispatch/EMS personnel
 - a. Name, location (address/specific field), and telephone number of caller
 - b. Number of victims, condition of victim(s)
 - c. Treatment initiated (ex. Inhaler used, CPR/AED initiated)
 - d. Specific directions to locate scene (refer to Table of Contents for site-specific directions)
 - e. Additional information requested by EMS
 - f. **STAY ON THE PHONE** until the dispatcher hangs up! Keep your phone with you and answer if they call back!
4. Provide immediate emergency care until arrival of EMS.
5. Provide information to EMS upon arrival: method of injury, vital signs, treatment given, medical history.
6. Provide EMS with Emergency Contact Information, including parent/guardian contact info and insurance information.

Note:

- Contact Certified Athletic Trainer (if not already on site) as soon as possible.
- A member of the sports medicine team, most often an assistant coach, will accompany the athlete to the hospital unless a family member is present.
- Parents will be contacted by the Certified Athletic Trainer or coach (if ATC is unavailable)
- Inform applicable coach(es) and administration.

Catoctin High School Emergency Action Plan

- Obtain medical history and insurance information.
- Communicate with Certified Athletic Trainer to ensure necessary injury reports are completed.

Emergency Telephone Numbers:

Certified Athletic Trainer

Cell:

Office: (240) 236-8189 ext.68189

Receiving Facility

Frederick Health Hospital

400 W 7th Street
Frederick, MD, 21701
(240) 566-3300

Emergency Protocol: Athletic Training Facility

Emergency Personnel: ATC will be available during most practices and on site for all home contests.

Emergency Communication: ATC will have a cellular phone () during all practices and events. Coaching staff will have at least one cell phone on field during all practices. Landline is located in the Athletic Training Facility. **(Key 63 E-7)**

Emergency Equipment: Emergency equipment will be on the gator, including medical kit, splint kit, and AED. Secondary AED is located next to the AD's office. Team medical kit is to be kept on the sideline during all practices and contests.

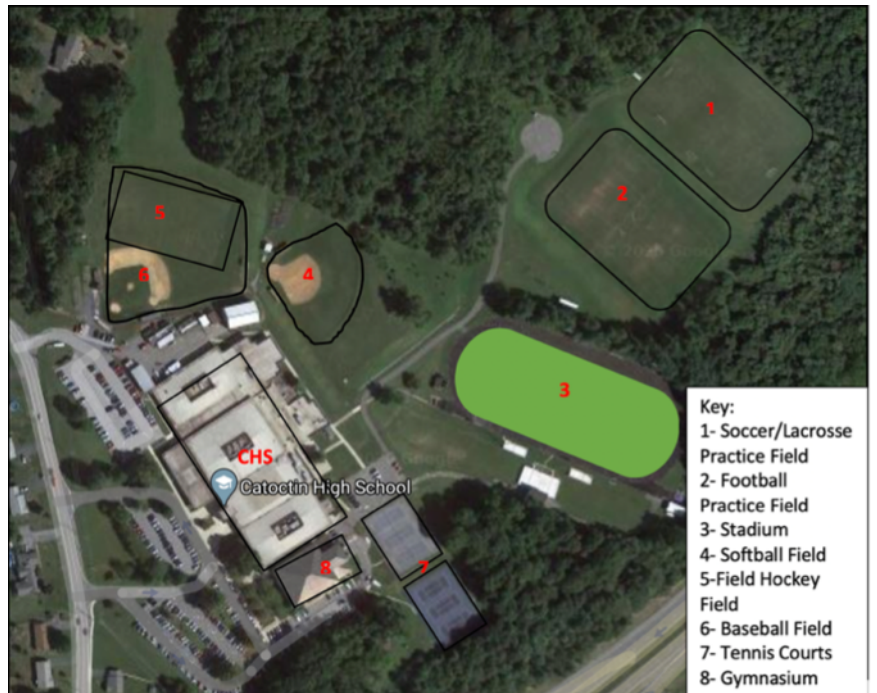
Shelter: Main School Building

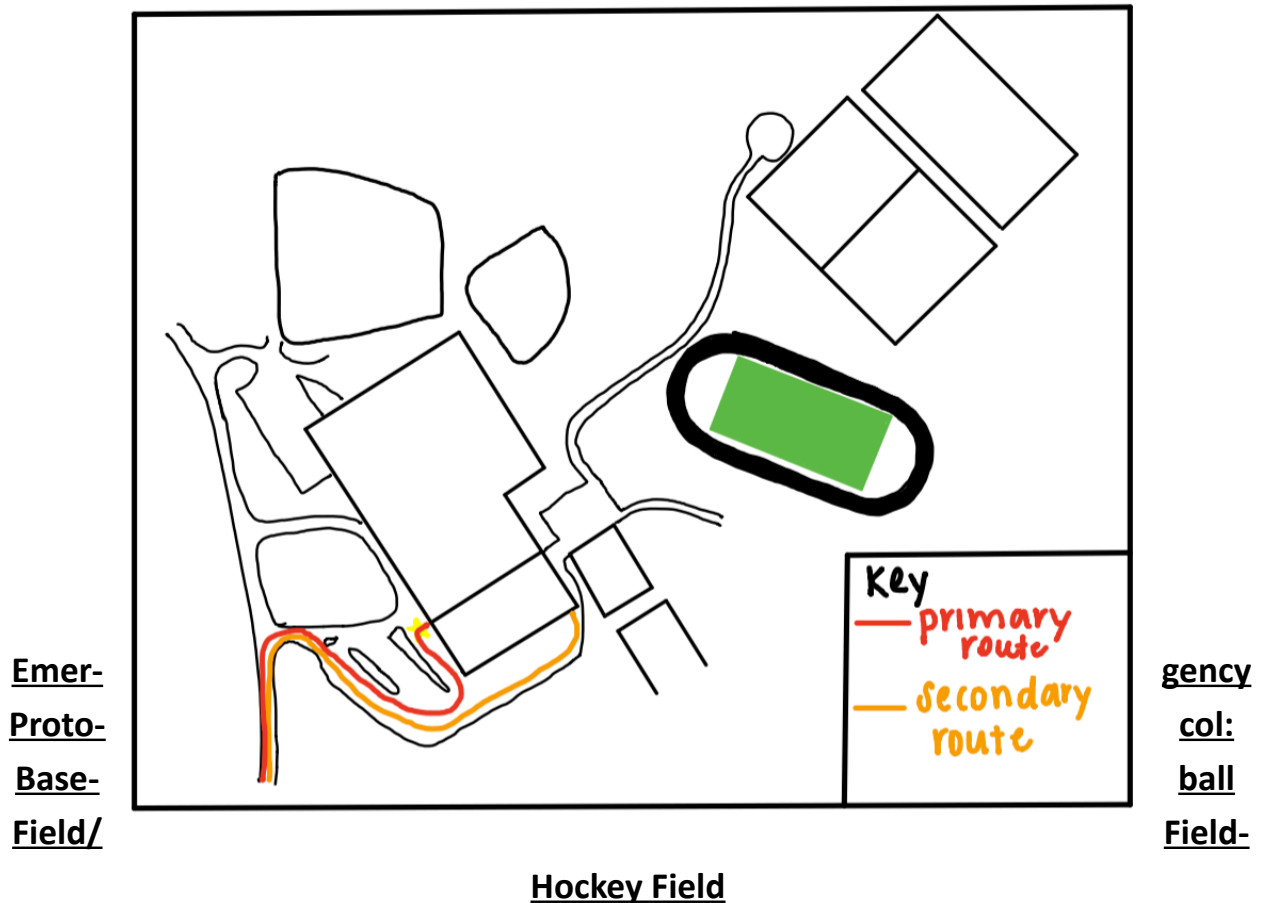
Roles of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

Turn in the main entrance of the school. Proceed to the gymnasium entrance and enter the hallway. Continue straight and turn left at the end of the hallway. The Athletic Training Facility is the third double doors on the left. **(Key 63 E-7)**





Emergency Personnel: ATC is available during most practices and on campus at all home events.

Emergency Communication: ATC has a cellular phone () at all times. Coaching staff will be in possession of cellular phone at all times. Fixed telephone line is located in the Athletic Training Facility. **(Key 63 E-7).**

Emergency Equipment: Emergency medical kit, splint kit will be located in the gator at all home events. AED is in Baseball Field Shed on first base line **(Key: 63 SM F)**. Team medical kit to be kept on sidelines during all practices and events.

Shelter: School Building

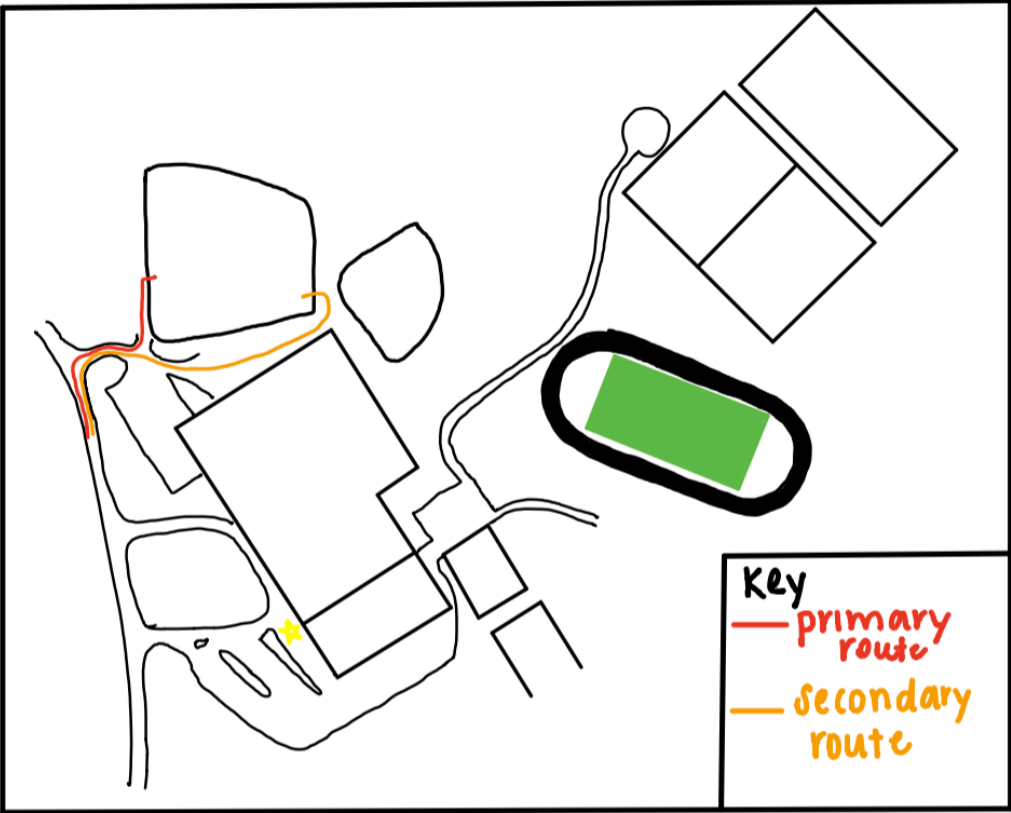
Roles of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates **(Key: 63 SM F)**
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

Catoctin High School Emergency Action Plan

The baseball/field hockey field is located on Sabillasville Road at the second right hand turn to the school building. Continue into the left-hand access road to the field. You will enter the field along the 3rd base line through the access gate.



Emergency Protocol: Cross Country Course

Emergency Personnel: ATC will be on site during most practices and at all home events.

Emergency Communication: ATC will have a cellular phone () at all games and most practices. Fixed telephone is located in the main school building.

Emergency Equipment: Emergency medical kit will be located at the finish line. The gator will be on the course to follow the last runner of each event. The gator will carry an emergency medical kit, splint kit and AED. Additional AEDs are posted in Baseball Field Shed (**Key: 63 SM F**), Lacrosse/Soccer Field shed (**Key: 63 SM F**), and in the school building next to the AD's office. Team medical kit will be with coaches during all practices and events.

Shelter: School Building

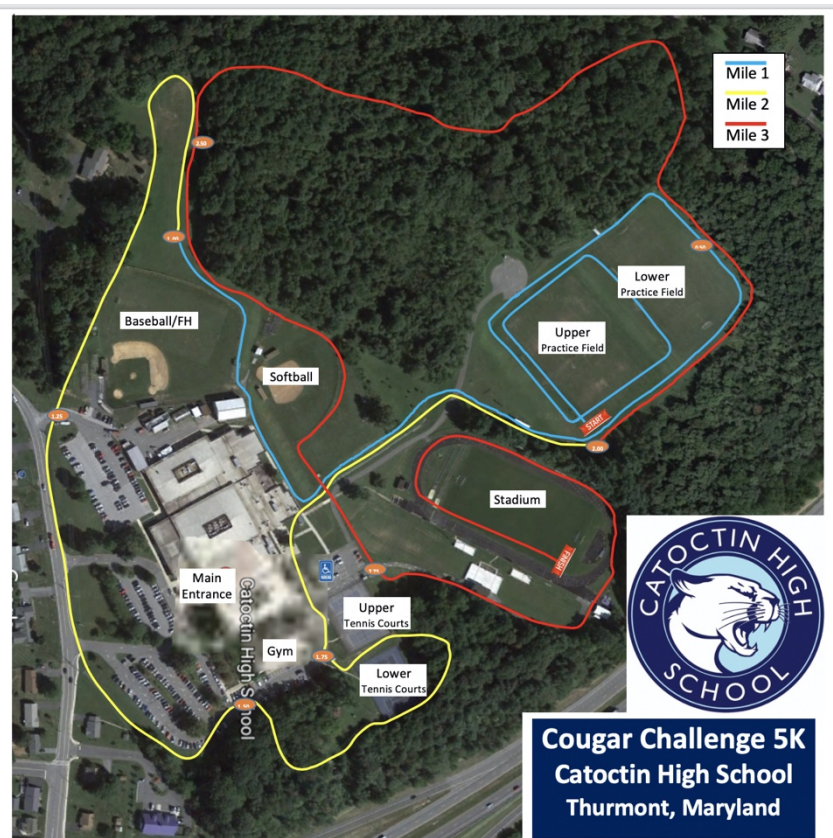
Role of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions: (Directions will vary based on the location of the injured athlete on the course)

The Gator will follow each race and will be responsible for transporting athletes to the access gate as needed for emergency transport. In the event of an injury not allowing for an athlete to be moved prior to EMS arrival, the ambulance will be directed to the access point closest to the athlete, then escorted off-road to the athlete.

***** For access point-specific directions and map, please see next page.*****



Emergency Protocol: Cross Coun-

try Course

A: Football and Soccer Practice Fields

Turn in the main entrance of the school, proceed past the main building towards the back until you are at the tennis courts. Turn left at the end of the parking lot and continue down the access road until you reach the cul-de-sac

B: Baseball/Field Hockey Field

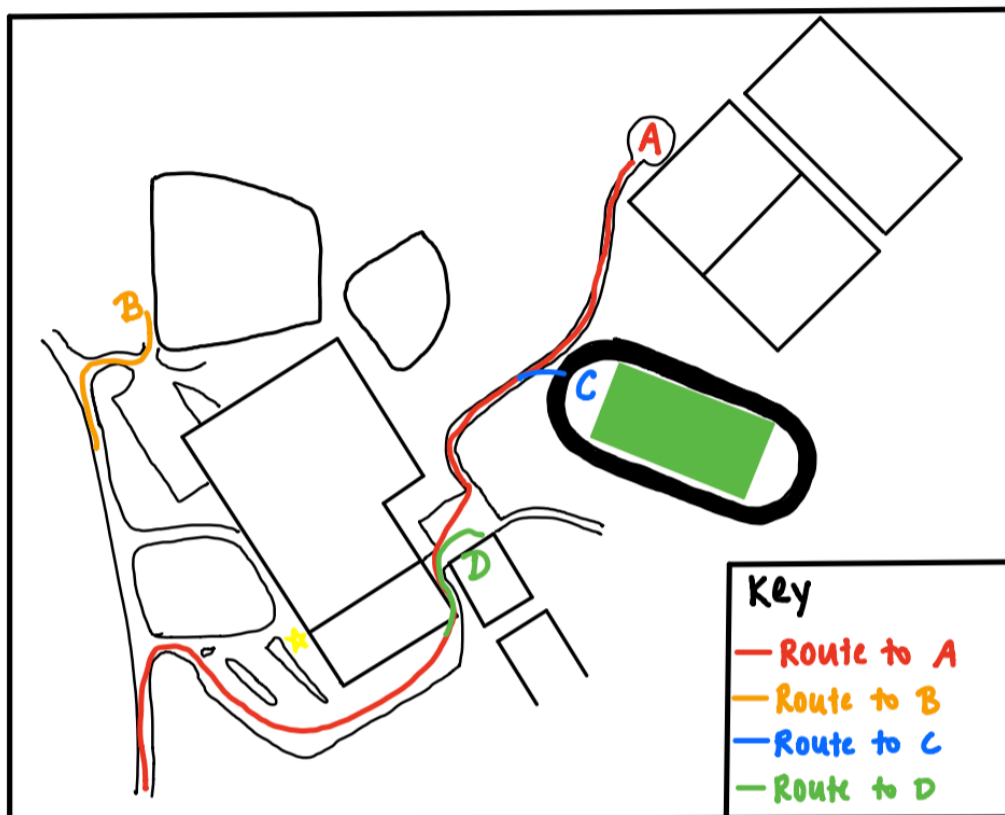
The baseball/field hockey field is located on Sabillasville Road at the second right hand turn to the school building. Continue into the left-hand access road to the field. You will enter the field along the 3rd base line through the access gate. **(Key: 63 SM F)**

C: Stadium

Turn in the main entrance of the school, proceed past the main building towards the back until you are at the tennis courts. Turn left at the end of the parking lot and continue down the access road. There is an access gate to the track at midline of the field. **(Key: 63 SM F)**

D: Tennis Courts

Turn in the main entrance of the school, proceed past the main building towards the back of the school. The tennis courts will be on the right.



Emergency Protocol: Football Practice Field

Emergency Personnel: ATC will be on site during most practices and all home events.

Emergency Communication: ATC will have a cellular phone () at all home events. Coaching staff will have at least one cell phone on field during all practices. Fixed telephone is located in the main school Athletic Training Facility. **(Key 63 E-7).**

Emergency Equipment: Emergency equipment will be on the gator, including splint kit and AED. Additional AED is located in lacrosse/soccer field shed **(Key 63 SM F)**. During home events, the emergency medical kit will be on the home side behind the bench.

Shelter: School Building

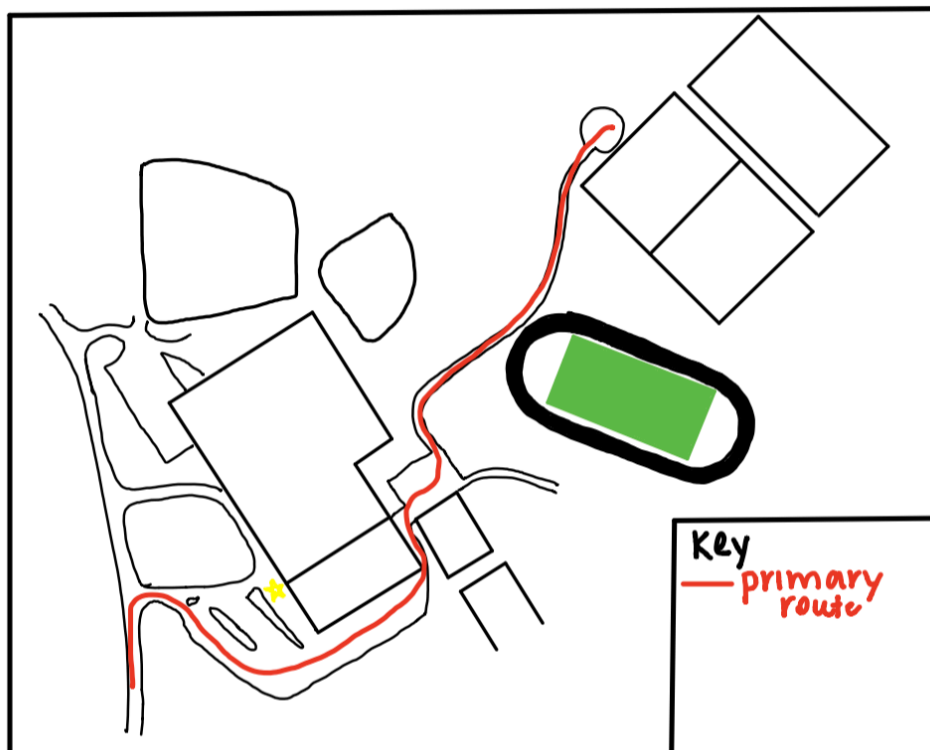
Roles of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates **(No key required)**
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

The football practice fields are located behind the stadium field. Turn in the main entrance of the school, proceed past the main building towards the back until you are at the tennis courts. Turn left at the end of the parking lot and continue down the access road until you reach the cul-de-sac. The practice fields are on the upper right.

Emer-
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Soccer/



gency
col:

Lacrosse Practice Field

Emergency Personnel: ATC will be available during practices and at the stadium during home events.

Emergency Communication: ATC will have a cellular phone () during all practices and events. Coaching staff will have at least one cell phone on field during all practices. Fixed telephone is located in the school building Athletic Training Facility. **(Key: 63 E-7).**

Emergency Equipment: Emergency equipment will be in the Athletic Training Facility, including medical kit, splint kit, and AED. Secondary AED is posted in the Soccer/Lacrosse Field Shed **(Key: 63 SM F)**. Team medical kit to be kept on the field during all practices and games.

Shelter: School building.

Roles of 1st Responders:

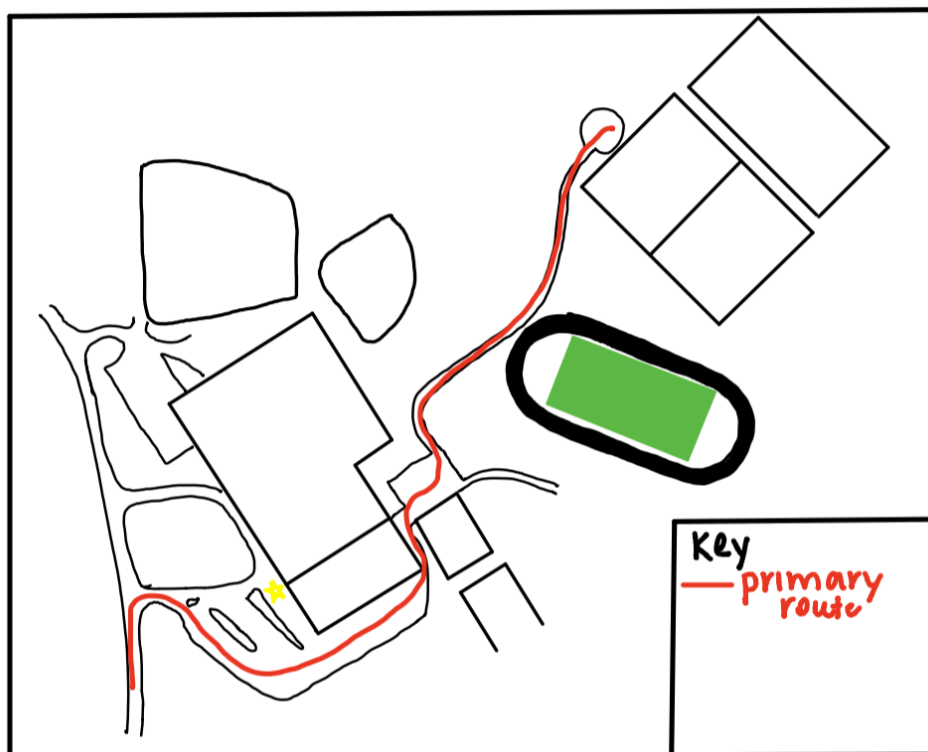
1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

The practice field is located behind the football practice field. Turn in the main entrance of the school, proceed past the main building towards the back until you are at the tennis courts. Turn left at the end of the parking lot and continue down the access road until you reach the cul-de-sac. The practice field is on the lower left.

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Volleyball

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Emergency Communication: ATC will have a cellular phone () during all practices and events. Coaching staff will have at least one cell phone on his/her person during all practices. Fixed telephone is located in the Athletic Training Facility. **(Key 63 E-7)**

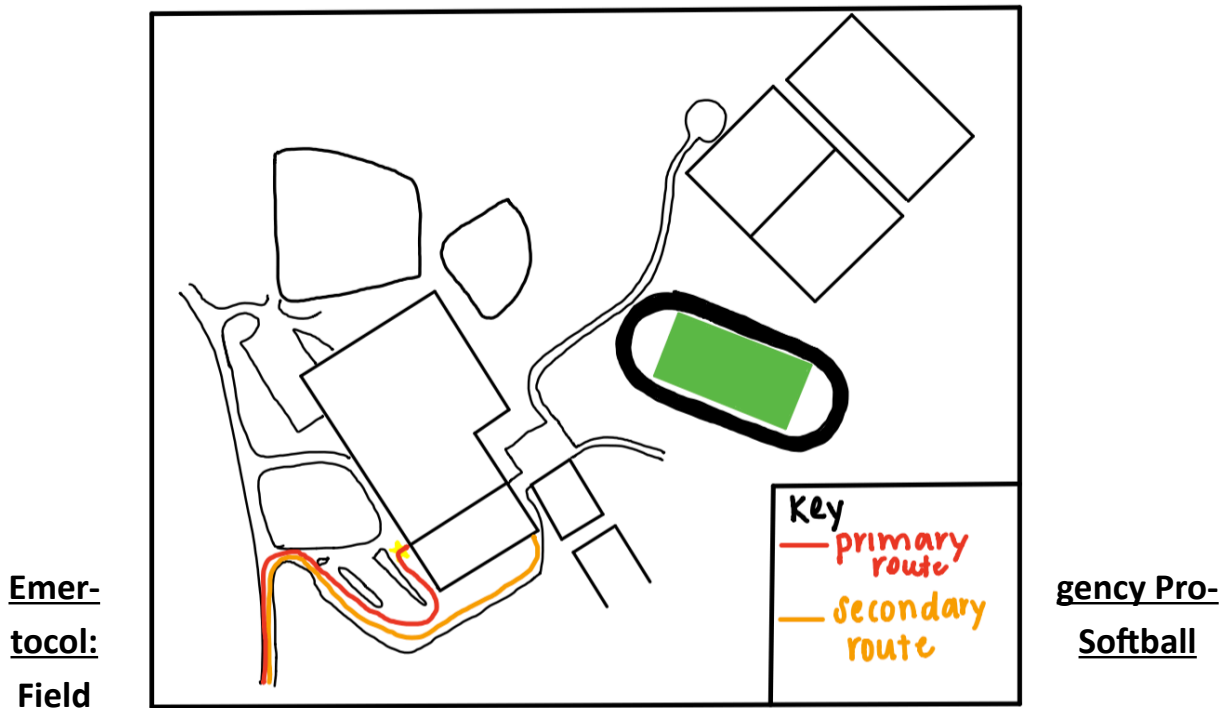
Emergency Equipment: Emergency equipment will be in the Athletic Training Facility (Winter season) or on the gator with ATC (Fall and Spring seasons), including medical kit and splint kit. AED is posted next to AD's office. Team medical kit is to be kept on the sideline during all practices and contests.

Roles of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates/doors **(FCPS Swipe Card outside doors and Key 63 SM F)**
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

Turn into the main entrance of the school grounds. Continue to the gymnasium entrance (left of the main entrance). The gymnasium can be accessed through the last set of doors on the right (Door 34). The auxiliary gym is located across from the main gym. Enter the building at the gymnasium entrance and enter the double doors on the right for the main gym (Room 900) **(Key 63 SM F)**. Enter the double doors on the left for the auxiliary gym (Room 700) **(Key 63 SM F)**.



Emergency Personnel: ATC will be available during practices and on site for all home events.

Emergency Communication: ATC will have a cellular phone () at all home events. Coaching staff will have at least one cell phone on field during all practices. Fixed telephone is located in the Athletic Training Facility. **(Key: 63 E-7)**

Emergency Equipment: Emergency equipment will be on the gator, including splint kit and AED. Additional AEDs located in baseball field shed **(Key: 63 SM F)** During home events, the emergency medical kit will be on the home side behind the bench.

Shelter: School Building

Roles of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates **(Key: 63 GM)**
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

The softball field is located behind the baseball stadium. Turn in the second entrance of the school (second right off of Sabillsaville Rd). Continue straight and proceed through the gates towards the greenhouse and garages. Continue until you reach the double gate and the softball field is at the bottom of the hill with access to both dugouts.

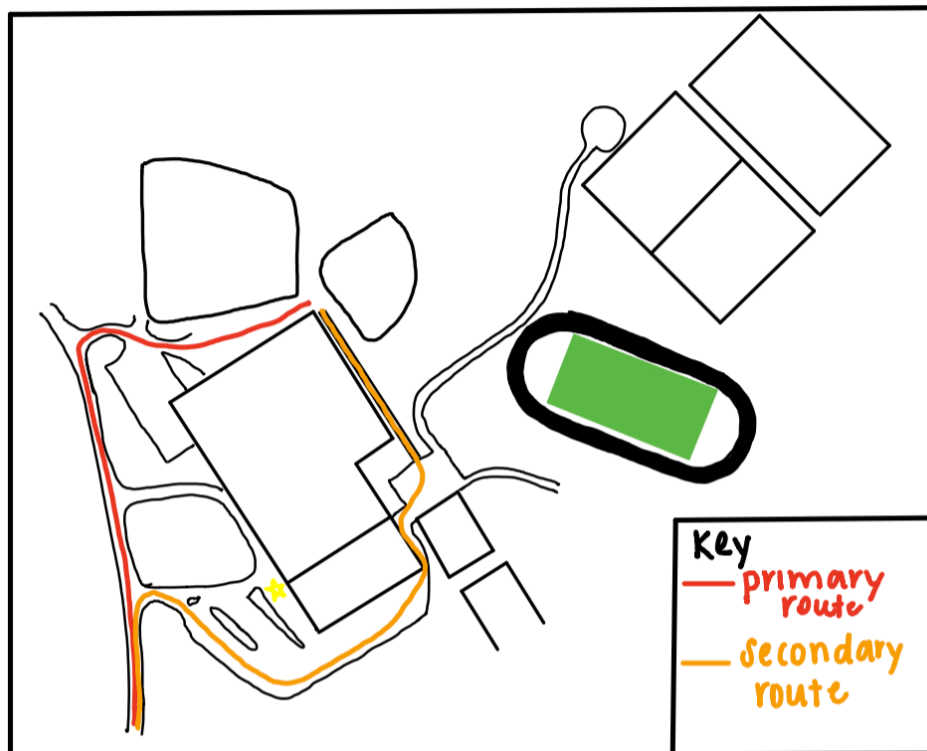
**Emer-
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Football,
Lacrosse,
Cross
Cheer

**Emer-
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practices
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**Emer-
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and events. Coaching staff will have at least one cell phone on field during all practices. Landline is located in the Athletic Training Facility. **(Key: 63 E-7)**



**gency
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Track**

Soccer,
Track,
Country,

gency Per-
ATC will be
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and on site
home con-

**gency
nication:**
have a cel-
phone ()
practices

Emergency Equipment: Emergency equipment will be on the gator, including medical kit, splint kit, and AED. Secondary AED (**Key: 63 SM F**) is located in the Lacrosse/Soccer Field Shed. Team medical kit is to be kept on the sideline during all practices and contests.

Shelter: School Building

Roles of 1st Responders:

5. Primary survey of scene and injured athlete(s)
6. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
7. Retrieve emergency equipment
8. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates (**Key: 63 SM F** is required for upper gate at all times. Lower gate will be unlocked during practices and home contests.)
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

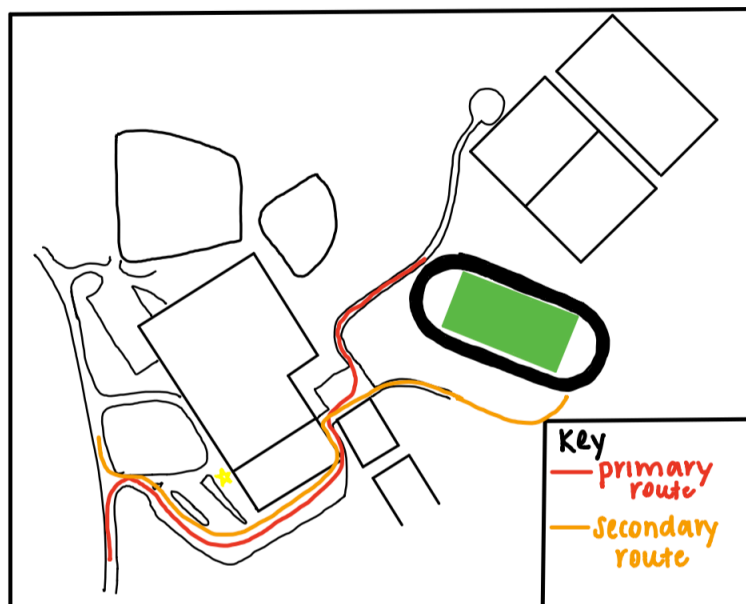
Venue Directions:

Lower Stadium Level:

Turn in the main entrance of the school, proceed past the main building towards the back until you are at the tennis courts. Turn left at the end of the parking lot and continue down the access road. There is an access gate to the track at midline of the field.

Upper Stadium Level:

Turn in the main entrance of the school, proceed past the main building towards the back until you are at the tennis courts. At the end of the parking lot on the right-hand side there is an entrance way. Follow the entrance way behind the press box, down the ramp to the track.



Emergency Protocol: Tennis Courts

Emergency Personnel: ATC will be available during most practices and all home events.

Emergency Communication: ATC will have a cellular phone () during all practices and events. Coaching staff will have at least one cell phone on field during all practices. Landline is located in Athletic Training Facility.

Emergency Equipment: Emergency equipment will be in kept on the gator, including medical kit, splint kit, and AED. Additional AEDs are located in hallway next to the AD's office. Team medical kit to be kept on the sideline during practice/contests.

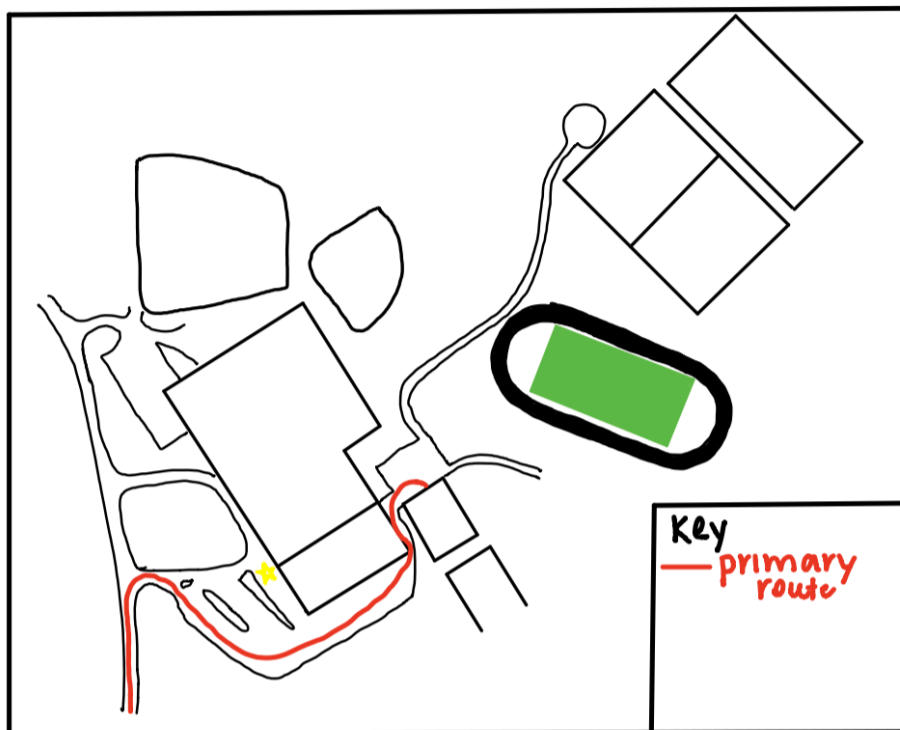
Shelter: School Building

Roles of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

Turn in the main entrance of the school, proceed past the main building towards the back of the school. The tennis courts will be on the right.



Emergency Protocol: Weight Room

Emergency Personnel: ATC will be available during most practices and on site for all home contests.

Emergency Communication: ATC will have a cellular phone () during all practices and events. Coaching staff will have at least one cell phone on field during all practices. Landline is located in the Athletic Training Facility. **(Key: 63 E-7).**

Emergency Equipment: Emergency equipment will be on the gator, including medical kit, splint kit, and AED. Secondary AED is located next to the AD's office in the hallway. Team medical kit is to be kept on the sideline during all practices and contests.

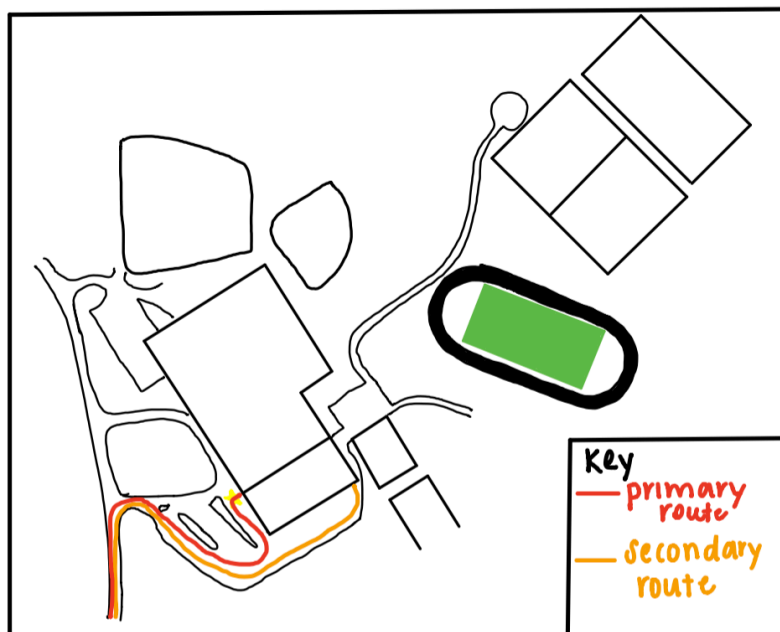
Shelter: School Building

Roles of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate doors **(FCPS Swipe Card and Key 63 SM F)**
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

The Weight Room is accessible through the auxiliary gymnasium. Turn into the main entrance to the school building and follow the pathway of the road to the front gym doors (Door 34). Enter Door 34 and proceed to the first set of double doors on the left (Auxiliary Gym 700). Continue straight to the opposite end of the gym and the weight room is located on the right through the double doors. **(Key 63 SM F for both doors).**



Emergency Protocol: Wrestling Room

Emergency Personnel: ATC will be available during most practices and on site at all home events.

Emergency Communication: ATC will have a cellular phone () during all practices and events. Landline is located in the Athletic Training Facility. **(Key: 63 E-7).**

Emergency Equipment: Emergency equipment will be in the Athletic Training Facility **(Key: 63 E-7)**, including medical kit, splint kit. AED is posted in AD Office Hallway. Team medical kit is to be kept on the sideline during practices/contests.

Roles of 1st Responders:

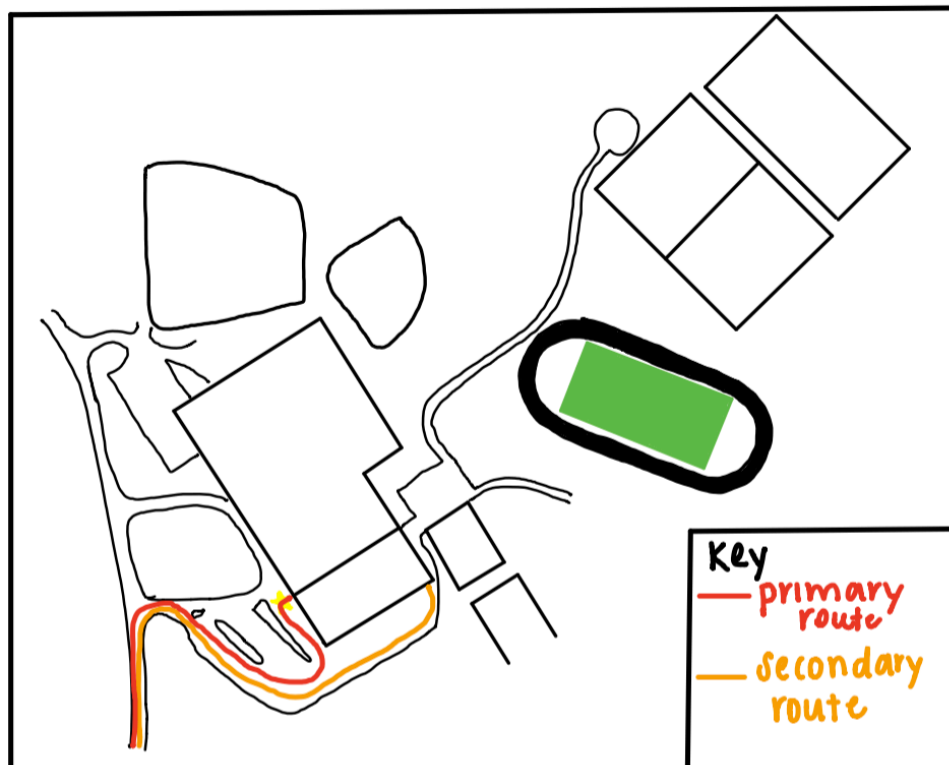
1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
 - a. Follow Catoctin High School Emergency Protocol
3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
 - a. Open appropriate gates/doors **(FCPS Swipe Card for outside doors and Key: 63 SM F for inside doors)**
 - b. Designate one individual to meet EMS and direct them to the scene
 - c. Crowd control: limit access to the injured athlete(s) to ATC, one coach, and EMS

Venue Directions:

The Wrestling Room is located above the auxiliary gymnasium. Turn into the main entrance of the school building and follow the roadway to the gym entrance (door 34). Enter Door 34 and continue down the hallway to the stairwell on the left-hand side next to the women's restroom. Go up the stairs and turn left. Continue down the hallway until just before the next set of double doors. Turn left and the wrestling room is straight ahead **(Key: 63 SM F).**

Concus-

If the ATC
at the
injury,
responsi-



sion:

is present
time of
he/she is
ble for

completing the concussion evaluation and determining whether EMS needs to be activated. The ATC will notify the student-athlete's parent/guardian(s) and provide them with the appropriate paperwork.

If the ATC is not present at the time of injury, the Head Coach is responsible for completing the symptom checklist, determining if EMS needs to be called, notifying the student-athlete's parent/guardian(s), and providing them with the proper documentation.

If the athlete loses consciousness for any amount of time, EMS must be called. For more information, reference the "[FCPS Management of Sports-Related Concussions](#)" document.

COVID-19 Pandemic:

In the light of the current 2020 COVID-19 Pandemic, some athletic activity protocols are changed.

As of July 20, 2020 student-athletes and coaches are to socially distance (6-ft apart) during athletic activity. If social distancing cannot be maintained, face coverings are to be worn. Coaches, ATC, and Administrators are required to wear a face covering at all times. Student-athletes are permitted to remove their face covering at the start of physical activity as long as appropriate social distancing is practiced. Face coverings are to be used during transitions and before and after any activity.

There will be no water provided via coolers. All student-athletes are to bring their own labeled water for each athletic activity. There will also be no sharing of water bottles or other equipment at this time.

Lightning during COVID-19: If a student-athlete has their own car on campus or their parent is on campus with a car, the student-athlete is to go to their car for shelter during a thunderstorm. Student-athletes are only to be in a car with another student-athlete if they are from the same household. Students who do not have a car on campus will proceed into the main gymnasium for shelter. Face coverings should be worn at all times in the event of severe weather and social distancing maintained in all directions inside the building.

In the event that there is a life-threatening emergency where immediate care requires social distancing to be eliminated or facial coverings to be removed, the immediate care takes priority and should be provided. The EAP should be enacted as necessary. In the event of a heat emergency, the main building can be used to access air conditioning and cooling. However, CWI should be enacted immediately.

See the "[2020-2021 Winter Competition Season Guidelines](#)" document for more information.

Lightning/Inclement Weather:

Detecting Lightning

If inclement weather is forecasted or sighted in the area, the on-site ATC will use both the My Lightning Tracker™ and Weather.com app, and the sight/sound method to monitor for lightning strikes. Athletic Trainers will work with and communicate to the coaches about the approaching inclement weather.

My Lightning Tracker™ will send mobile updates to the on-site ATC via mobile phone when lightning is present in the area if the app is not available.

Safe Shelters

If lightning is in the immediate area, the ATC will notify the head coach as to the status of the inclement weather and of the need to take shelter. The ATC will monitor the progress of the weather. In the event that the ATC is not present, the Head Coach will designate a weather “watcher.”

If shelter is necessary, all individuals will be sent inside the school building for appropriate shelter. Under current conditions of the COVID-19 Pandemic, the gymnasium will be used with all individuals spaced 6-ft apart in each direction while also wearing a face covering over the mouth and nose.

If no safe shelter is within a reasonable distance, then other safe areas include: enclosed buildings, fully enclosed metal vehicles with windows up (no convertibles or golf carts).

- Unsafe shelter areas: water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles.
- Avoid being the highest object in an open field. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear or repercussions or penalty from anyone.

Suspension and Resumption of Athletic Activities:

It will be deemed safe to resume activity 30 minutes after the last lightning strike within a 10-mile radius.

Managing Care of Lightning Strike Victims:

Observe the following basic first aid procedures in managing victims of a lightning strike:

1. Activate local EMS by dialing 9-1-1 and grab the AED. Lightning victims do not “carry a charge” and are safe to touch. If necessary, move the victim with care to a safer location.
2. Evaluate airway, breathing, and circulation, and begin CPR if necessary.
3. Evaluate and treat for hypothermia, shock, fractures, and/or burns.

Catoctin High School Emergency Contact Numbers

Emergency Medical Services (EMS): 911

Certified Athletic Trainer:

Athletic Director:
Keith Bruck

Assistant Athletic Director:
Kim Flabbi

CHS Main Office: (240) 236-8100

Thurmond Ambulance Services, Inc. (301) 271-7550

The Guardian Hose Company, Inc. (301) 271-3413

Frederick Health Hospital (240) 566-3300

Frederick Health Orthopedics and Sports Medicine (301) 663-9573

The Centers for Advanced Orthopedics (301) 694-8311

Address for Local Medical Facilities

Catoctin High School Emergency Action Plan

Frederick Health Hospital: 400 W 7th Street, Frederick, MD 21701

Meritus Medical Center: 11116 Medical Campus Road, Hagerstown, MD 21742

Wellspan Gettysburg Hospital: 147 Gettys Street, Gettysburg, PA 17325

Righttime Medical Care: 201 Shorebird St., Frederick, MD 21701

U.N.I. Urgent Care Center: Frederick Shopping Center 1305 W 7th Street #28, Frederick, MD 21702