

# Oakdale High School



## Athletics Emergency Action Plan (EAP)

Updated: July 24<sup>th</sup>, 2022

## TABLE ON CONTENT

<b>Introduction</b>	
<b>Purpose</b>	<b>3</b>
<b>Components of EAP</b>	<b>3</b>
<b>Sports Medicine Team</b>	<b>3</b>
<b>Personnel Roles</b>	
<b>Sports Medicine Team</b>	<b>4</b>
<b>Certified Athletic Trainer</b>	<b>4</b>
<b>Activities Director/Administration</b>	<b>4</b>
<b>Head Coach/Assistant Coach</b>	<b>4,5</b>
<b>Communication</b>	<b>5</b>
<b>Activation of EMS</b>	<b>5</b>
<b>Emergency Equipment</b>	<b>5,6</b>
<b>Emergency Transportation</b>	<b>6</b>
<b>Emergency Protocol: Overview</b>	<b>7</b>
<b>Emergency Protocols by Venue:</b>	
<b>Stadium/Track</b>	<b>8</b>
<b>Aux Field</b>	<b>9</b>
<b>Baseball Field</b>	<b>10</b>
<b>Softball Field</b>	<b>11</b>
<b>Tennis Courts</b>	<b>12</b>
<b>Wrestling Room</b>	<b>13</b>
<b>Weight Room</b>	<b>14</b>
<b>Main Gym</b>	<b>15</b>
<b>Aux Gym</b>	<b>16</b>
<b>Concussion Protocol</b>	<b>17</b>
<b>COVID-19 Pandemic</b>	<b>18</b>
<b>Lightning/Inclement Weather</b>	<b>19</b>
<b>Emergency Contact Numbers</b>	

17

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:**

**Team Physician:**

**Emergency Medical Personnel:** New Market Vol.

Emergency Number: 911

**Athletic Director:** Mark Wolcott

**Assistant Athletic Director:**

**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.

**Roles of the Sports Medicine Team:**

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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
- 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 main gym on the west wall, outside the nurse's office, at the football press box, and then 2 travel ones that are signed out

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). OHS has one Cold Water Immersion (CWI) tub and the ATC will carry a tarp on the gator at all times. The CWI tub will be located at the south end of the stadium with 1 10-gal cooler and 1 ice chest 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**

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.

## **Oakdale High School Emergency Protocol**

1. Call 911. STAY CALM
2. Instruct EMS that there is an emergency situation at “Oakdale High School \_\_\_\_\_(field/gymnasium) located at 5850 Eaglehead Dr, Ijamsville, MD 21754”
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.
- Obtain medical history and insurance information.
- Communicate with Certified Athletic Trainer to ensure necessary injury reports are completed

**Outside Fields at OHS**

Key-

1. Stadium/Track
2. Aux Field
3. Baseball Field
4. Softball Field
5. Tennis courts

**Licensed Athletic Trainer**



**Receiving facility**

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

(240) 566-3300

## Emergency Protocol: Stadium/Track

**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 86 D 1).

**Emergency Equipment:** Emergency medical kit, splint kit will be located in the gator at all home events. AED is in press box (Key: 86 D 1). Team medical kit to be kept on sidelines during all practices and events.

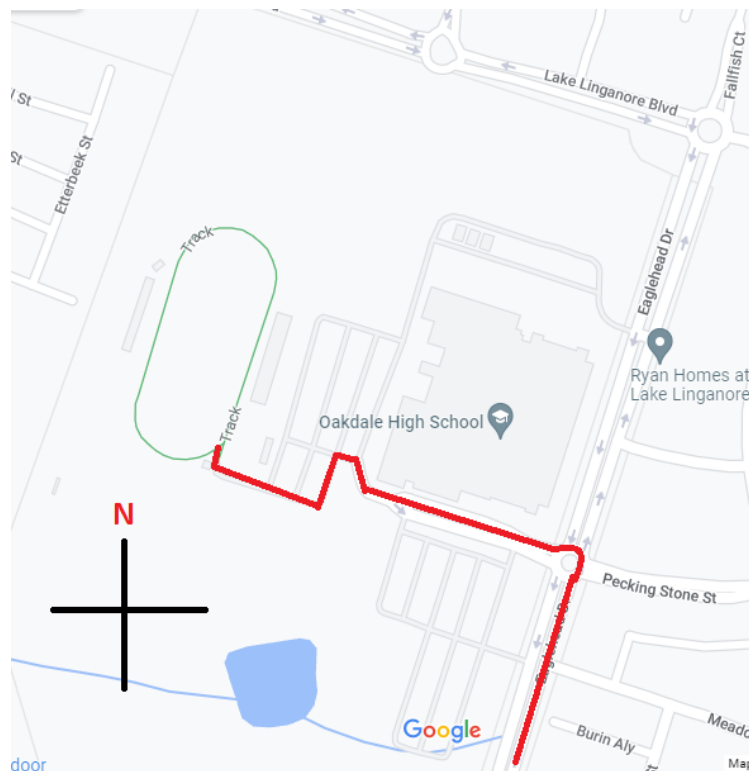
**Shelter:** School Building, specifically locker rooms or gym.

**Roles of 1st Responders:**

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale High School Emergency Protocol

3. Retrieve emergency equipment
4. Direction of EMS to injured athlete(s)
  - a. Open appropriate gates (Key: 86 D 1)
  - 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the third exit. Once you pass the south side of the school you will take a Left and another immediate Left towards the tennis courts, Take a Right when you cannot go any further. AT this point you should see the big double gates to the stadium at the end of the drive continue there to have access to the stadium. You will be at the south endzone of the stadium field.



## Emergency Protocol: Aux Field

**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, splint kit will be located in the gator at all home events. AED is in press box (Key: 86 D 1). Team medical kit to be kept on sidelines during all practices and events.

**Shelter:** School Building

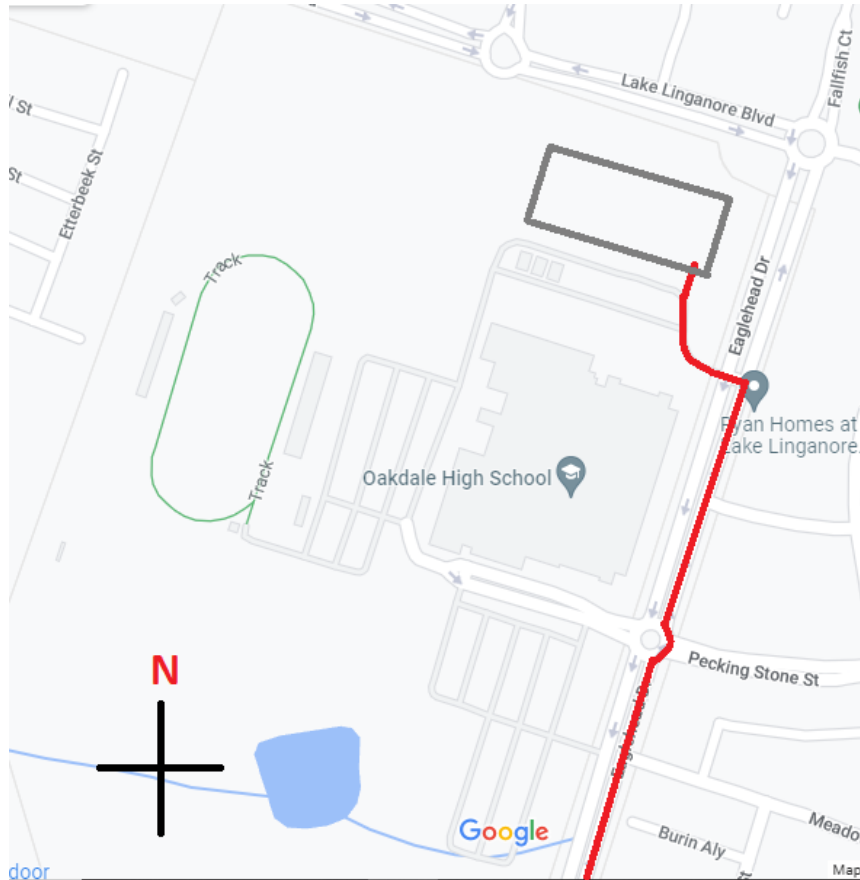
**Role of 1st Responders:**

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the 2<sup>nd</sup> exit. You will then take the next L at the north side of the school. Hug Right, you will see 2 sea containers there, enter through those gates.



## Emergency Protocol: Baseball Field

**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, splint kit will be located in the gator at all home events. AED is in press box (Key: 86 D 1). Team medical kit to be kept on sidelines during all practices and events.

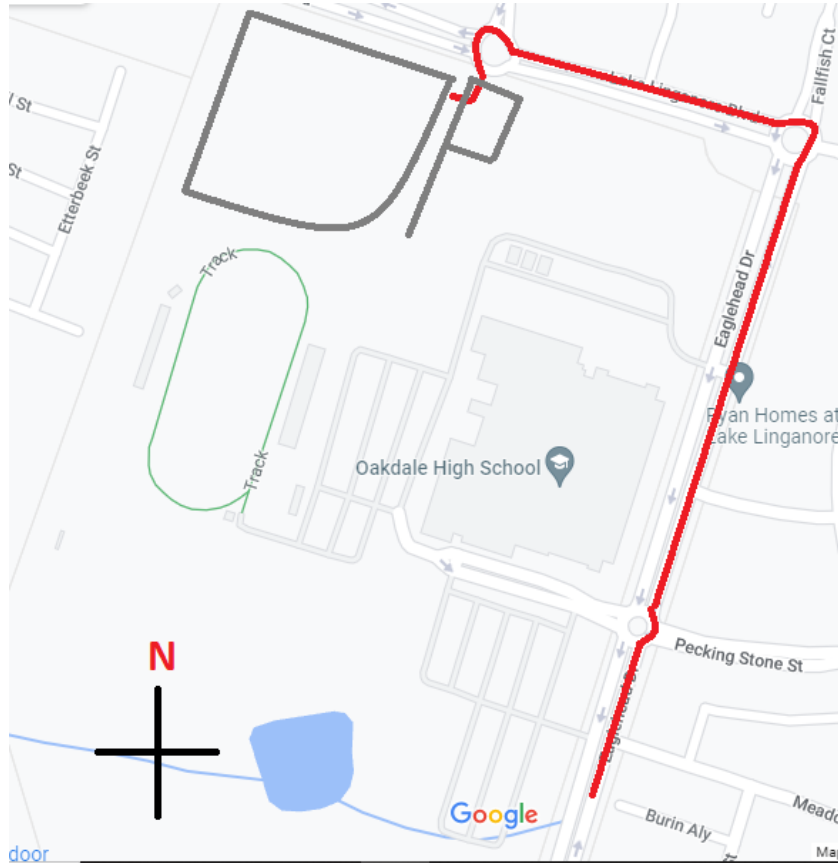
**Shelter:** School Building

**Role of 1st Responders:**

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the 2<sup>nd</sup> exit. At the 2<sup>nd</sup> round-a-bout take the 3<sup>rd</sup> exit on Lake Linganore Blvd. The first round-a-bout on Lake Linganore Blvd, take the 3<sup>rd</sup> exit and enter that parking lot, on your R there will be a gate to enter the field. Use this gate for the gurney.



## Emergency Protocol: Softball Field

**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.

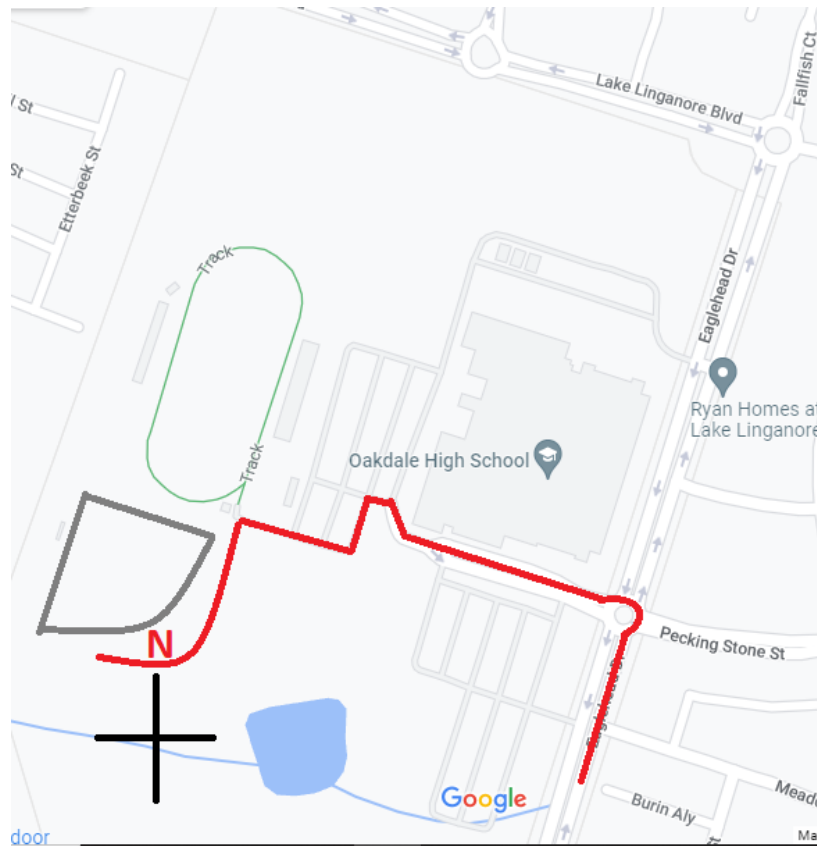
**Emergency Equipment:** Emergency medical kit, splint kit will be located in the gator at all home events. AED is in press box (Key: 86 D 1). Team medical kit to be kept on sidelines during all practices and events.

**Shelter:** School Building

**Role of 1st Responders:**

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the third exit. Once you pass the south side of the school you will take a Left and another immediate Left towards the tennis courts, Take a Right when you cannot go any further. Take this all the way to the stadium gates and take a Left at the stadium gates, follow this pathway all the way to the outfield of the softball field.



## Emergency Protocol: Tennis Court

**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.

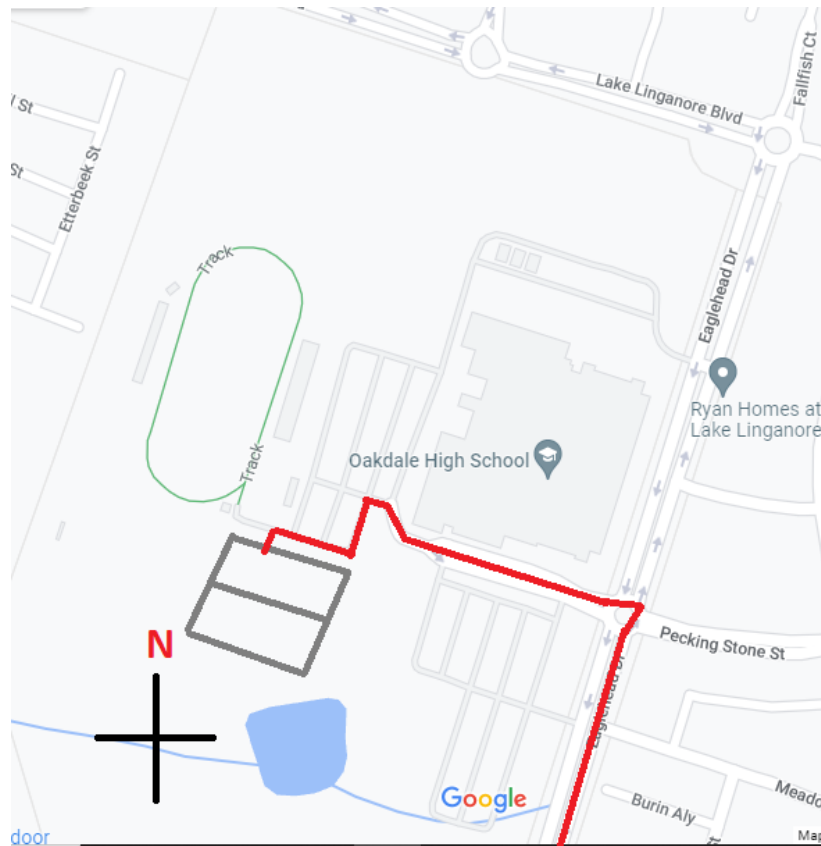
**Emergency Equipment:** Emergency medical kit, splint kit will be located in the gator at all home events. AED is in press box (Key: 86 D 1). Team medical kit to be kept on sidelines during all practices and events.

**Shelter:** School Building

**Role of 1st Responders:**

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the third exit. Once you pass the south side of the school you will take a Left and another immediate Left towards the tennis courts, Take a Right when you cannot go any further. Continue until you reach the entrance to the tennis courts (between the 2<sup>nd</sup> and 3<sup>rd</sup> court).



## Emergency Protocol: Wrestling Room

**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.

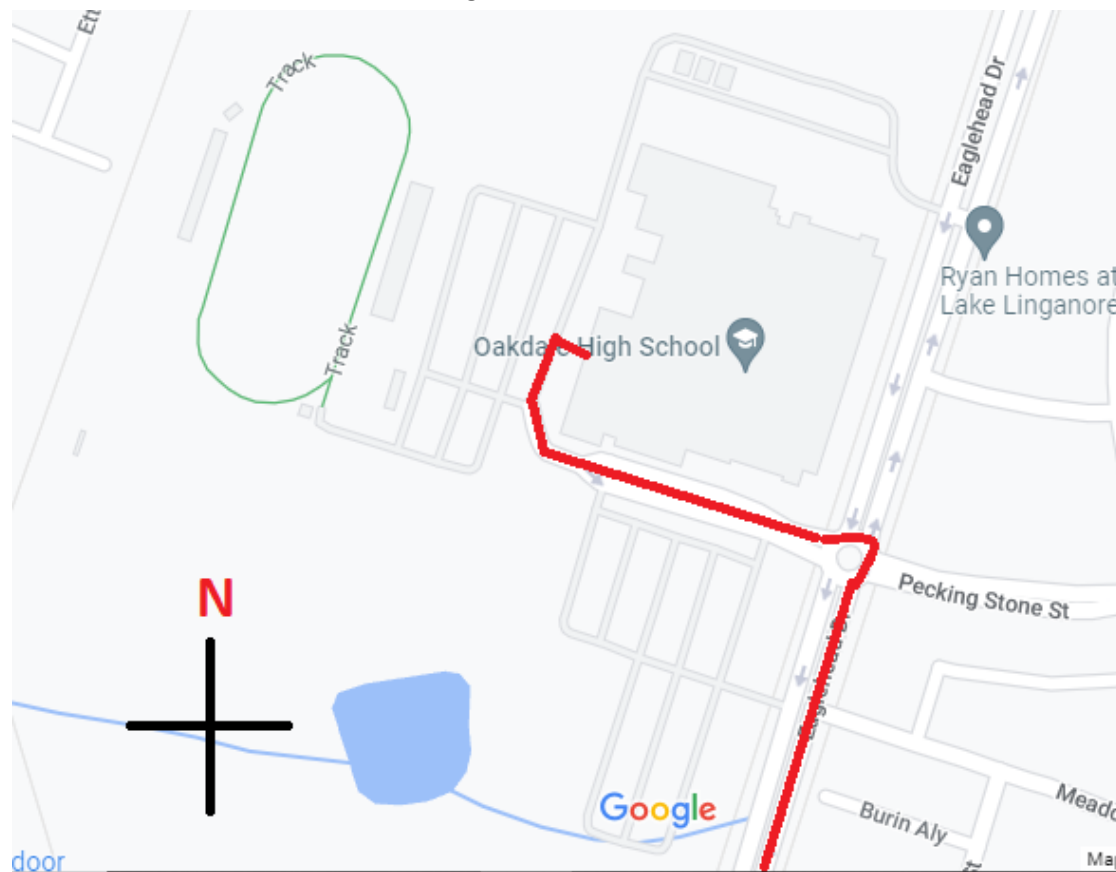
**Emergency Equipment:** Emergency medical kit, splint kit will be located at the end of the home bench at all home events. AED is on the west wall of the main gym, outside of the main gym. Team medical kit to be kept on sidelines during all practices and events.

**Shelter:** Locker Rooms

### Role of 1st Responders:

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the third exit. Once you pass the south side of the school you will take a right. Go about 20 yards and stop in front of the entrance. Once inside the wrestling room will be the 2<sup>nd</sup> room on the Left.



## Emergency Protocol: Weight Room

**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.

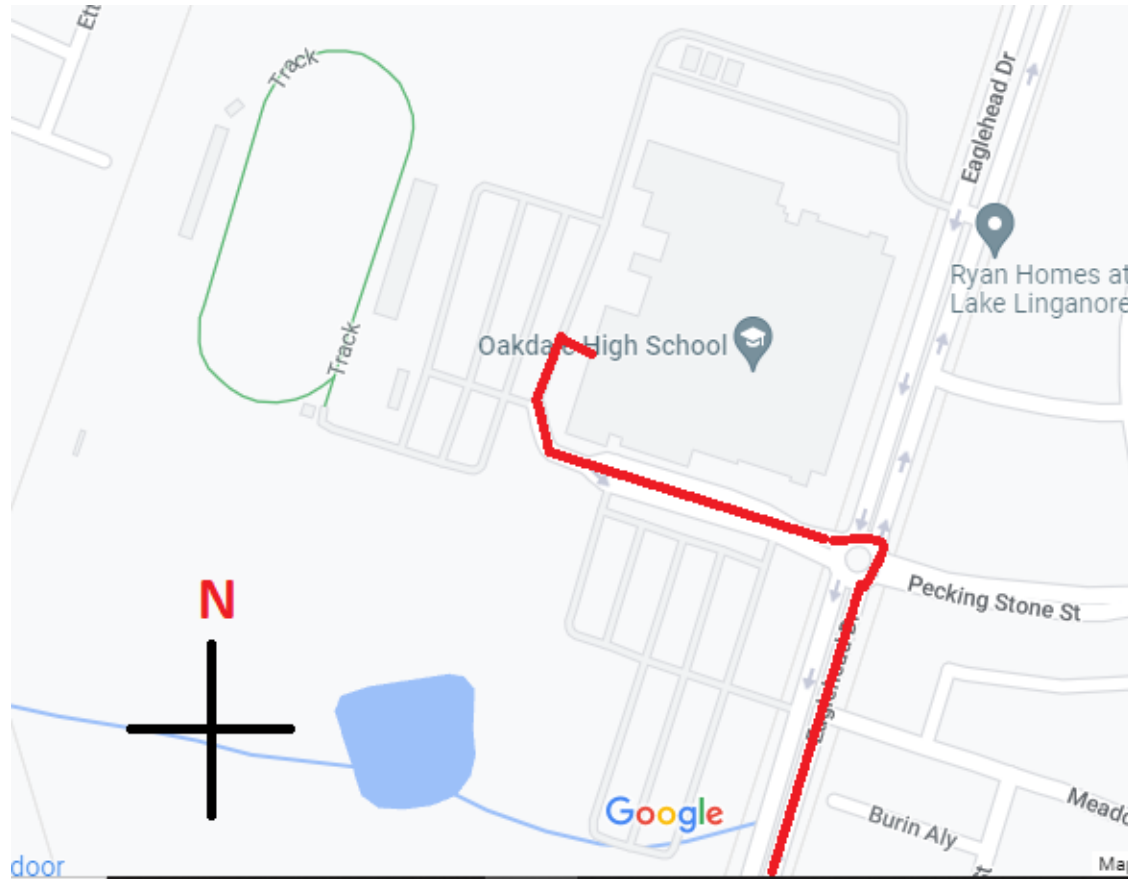
**Emergency Equipment:** Emergency medical kit, splint kit will be located at the end of the home bench at all home events. AED is on the west wall of the main gym, outside of the main gym. Team medical kit to be kept on sidelines during all practices and events.

**Shelter:** Locker Rooms

**Role of 1st Responders:**

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the third exit. Once you pass the south side of the school you will take a right. Go about 20 yards and stop in front of the entrance. Once inside, the weight room will be the first door on the Left.



## Emergency Protocol: Main Gym

**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.

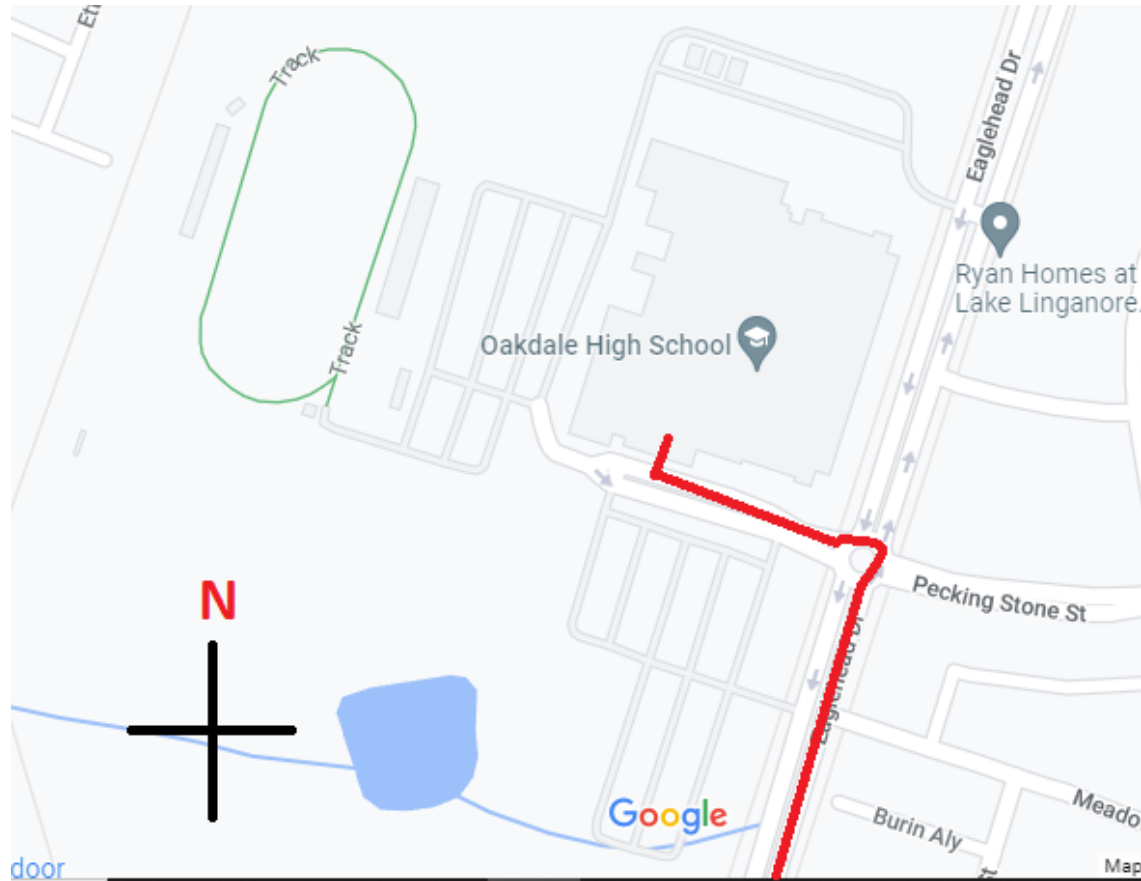
**Emergency Equipment:** Emergency medical kit, splint kit will be located at the end of the home bench at all home events. AED is on the west wall of the main gym, outside of the main gym. Team medical kit to be kept on sidelines during all practices and events.

**Shelter:** Locker Rooms

**Role of 1st Responders:**

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the third exit. Stop at the main entrance of the school, near the built in tower of the school. Once inside the school, the Main gym will be on the L.



## Emergency Protocol: Aux Gym

**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.

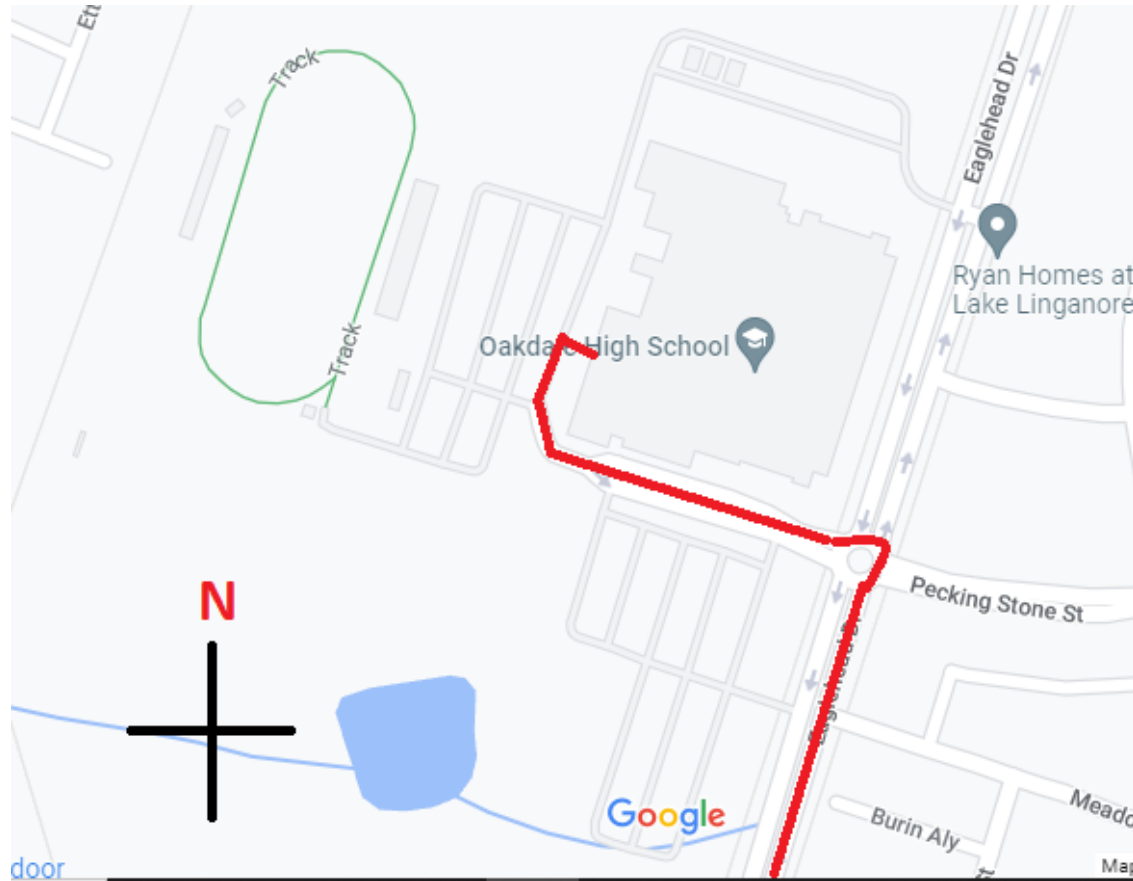
**Emergency Equipment:** Emergency medical kit, splint kit will be located at the end of the home bench at all home events. AED is on the west wall of the main gym, outside of the main gym. Team medical kit to be kept on sidelines during all practices and events.

**Shelter:** Locker Rooms

**Role of 1st Responders:**

1. Primary survey of scene and injured athlete(s)
2. Activation of EMS
  - a. Follow Oakdale 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:** Once traveling north on Eaglehead Drive, at the first round-a-bout take the third exit. Once you pass the south side of the school you will take a right. Go about 20 yards and stop in front of the entrance. Once inside the Aux gym is the 4 doors on the Right.



**Concussion:**

If the ATC is present at the time of injury, he/she is responsible 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. Studentathletes 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.

## **Oakdale High School Emergency Contact Numbers**

**Emergency Medical Services (EMS):**

Call 911

**Certified Athletic Trainer:**

Michael Monahan LAT, ATC

**Athletic Director:** Mark Wolcott

Office: 240-566-9460

**Assistant Athletic Director:** Kurt Stein and Joan James

**Oakdale High School Main Office:**

Office: 240-566-9400

**New Market District Volunteer Fire Department**

301-600-9150

**Frederick Health Hospital**

240-566-3300

**Frederick Health Orthopedics and Sports Medicine**

Office: (301) 663-9573

**The Centers for Advanced Orthopedics**

Office: 301-694-8311

**Poison Control Centers**

800-222-1222

**Suicide Hotline**

988