

Long Lake Central School
Athletic Emergency Action Plan
Revised: October 10, 2013

Introduction

The purpose of the Emergency Action plan is to guide coaches in responding to an emergency situation. Because coaches of our teams at the athletic events or practices are frequently the only persons of authority from Long Lake Central School, it is essential that their responsibilities be clearly understood.

Emergency Personnel

The coach of an interscholastic team at Long Lake Central School will be the **First Responder** to any accident or illness that may occur to an athlete on the team. Your training will guide you in determining the level of care needed and if it will be necessary to activate the EMS system to more advanced medical care personnel. The coach is responsible for obtaining training in and the maintaining of current certifications in the following courses (all training needs to be current before the start of the first team practice):

- NYSED approved first aid course (valid for two years)
- NYSED approved Adult/Child/Infant CPR-AED training course (valid for two years)

Immediate Care of the Injured/Ill Athlete

When an athlete is injured or becomes ill, the coach of the team will make a preliminary assessment to determine the extent of the injury/illness. If it is minor in nature, such as a sprained ankle, remove the athlete to the sideline for treatment so play can resume. Utilize team members to move the athlete if necessary. It is the coach's responsibility to administer the appropriate first aid and monitor the condition of the athlete even if play has resumed. In many cases athletes can treat themselves for minor injuries such as a scrape or nose bleed.

Retrieval of Emergency Equipment

A fully stocked basic first aid kit needs to be at the bench for all athletic contests. Supplies for the kit are supplied by the Physical Education office. Please take the time to check and restock the first aid kit as needed. Should the use of an AED be required during a home basketball or other indoor athletic event, it is located in the hall next to the Superintendent's office and by the Physical Education office. This unit needs to be made available to the visiting school if needed. For field sports, the coach will bring the an AED to **all contests, home and away**. Under normal circumstances **students should not be allowed to transport the AED**.

Activation of EMS

If the coach or the person designated to take over care of the athlete determine that transportation to an emergency room is necessary, the local EMT unit must be activated. In Long Lake, 911. The rescue squad phone number for away games will be made available by the coach of the host school.

After primary survey, if the coach feels that the injury is serious enough to require more advanced medical services, the coach will try to solicit help from spectators or from the opposing team's personnel who may have a higher level of first aid training. Play must stop until the coach can turn over care to someone with the same level of first aid training or higher. The coach needs to make sure the EMS system is activated.

Transportation and Parent Notification

The coach will provide EMT personnel with the appropriate medical release for the athlete before they start care. If it is determined that the player needs to be transported to an emergency room, the coach will notify the parents as soon as possible. For an injury or an illness that is **not life threatening**, the parents of the athlete should provide transport to the emergency room. If the parent or person designated on the emergency release cannot be reached, then school personnel in a school vehicle may provide transportation.

Accident Reports/Medical Release

A medical release for every student is on all Long Lake busses and vehicles that transport students. A medical release form for all players is held by the coach as well (therefore, all ILCS players are covered). Coaches should obtain medical releases and keep them available in the event the athlete needs medical attention by someone other than the coach.

Any student that is injured and may require medical attention from the doctor must have an accident report filled out by the supervisor at the time. This report is to be submitted to the business offices as soon as possible.

Weather Conditions

The coach, superintendent, and athletic director will monitor the expected weather conditions for all home and away games. If the expected weather is questionable, the decision to postpone a contest will be made by the superintendent of schools and/or the athletic director. If weather conditions are favorable for thunderstorms to develop the information must be passed on to the coach to heighten his/her awareness of the thunderstorm potential. In the event of lightning after the teams have arrived at the game site, the coach and/or officials will follow Section VII guidelines for determining when to remove players from the field and when to resume play.

BOE Approval: October 10, 2013 Reapproved: August 14, 2014

