



Southington High School Athletic Emergency Action Plan

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Southington High School Athletic Department

Emergency Action Plan

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Overview of the Emergency Action Plan

Emergencies (life and non-life threatening) situations may arise during athletic practices and competitions. Prompt and safe handling of the emergency situation is necessary for the protection of the athlete and helps provide the best possible care.

Emergency Action Plan (EAP) preparation and safety of the athletes begins with the athletic trainers, training in basic first aid, CPR and AED certification for all coaches, emergency procedures before, during and after an event or practice, management of personnel (emergency and non-emergency), and equipment and materials. Hopefully through training, careful screening of the athletes, coverage of athletic events, safe practice and training techniques some situations can be avoided and when they do occur the situation will be handled safely. Not all injuries are considered emergencies; the EAP will cover procedures for reporting non-emergency injuries to the athletic trainers. This plan will serve as a guideline for the management of emergency as well as non-emergency situations at Southington High School, Southington Connecticut.

Being prepared is of the utmost importance in successful management of any emergency. It is crucial that all members of the Athletic Department and emergency personnel take ownership and responsibility for this Emergency Action Plan. This plan will be revised as venues are changed or added, additional emergency equipment is added, and additional personnel are added. Yearly review and situational practice of this plan will ensure that all members are adequately trained and prepared for an emergency. The Emergency Action Plan should serve as a skeleton of personnel, roles, and communication, but should not in any way limit a provider's reasonable variance from this plan in order to manage an emergency appropriately.

Athletic Trainer Vision Statement

The vision for the Athletic Trainers at Southington High School is to help ensure that the athletes enjoy a safe and happy playing career. We strive to give quality care to all Southington High School athletes out on the practice and game fields each and every time. The Athletic Trainers strive to add to the community of Southington High School, and promote quality from all members of the sports medicine team.

Athletic Trainer Mission Statement

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities.

<http://nata.org/athletic-training>

Select Physical Therapy Mission Statement

The Mission of Select Medical Corporation/Select Physical Therapy is to provide exceptional patient care experience that promotes healing and recovery in a compassionate environment.

Select Medical Corporation Core Values

- We deliver superior quality in all that we do.
- We treat others as we would like to be treated.
- We are results oriented and achieve our objectives.
- We are team players.
- We are resourceful in overcoming obstacles.

Referenced from www.selectmedicalcorp.com/about/mission-values

Communication of Emergency and

Non-Emergency Injuries:

Timely activation and effective communication is vital to the successful management of any emergency or non-emergency. It is important that each member of the emergency response team be familiar with methods of emergency communication.

1. Athletic Trainer

a. Emergency

- i. Athletic trainer and Athletic Director will be notified of any athletic emergency and non-emergency situation.
- ii. Athletic trainer will notify emergency services if the situation calls for activation of EMS.
- iii. If the Athletic Trainer is unable to call, a coach will be delegated this responsibility.
- iv. Other emergency personnel will help with crowd control or assist as needed depending on the situation.
- v. Parents will be notified by either Athletic Trainer or coach of situation.

b. Non-Emergency

- i. If possible the Athletic Trainer will be notified to take care of this situation.
- ii. If qualified, the Coach can take care of non-emergencies if an Athletic Trainer is not present.
- iii. If Coach or other qualified personnel take care of a non-emergency situation, an Athletic Trainer should be notified in a timely manner.

2. Student Athletic Trainer

a. Emergency (Athletic Trainer Present)

- i. Support Athletic Trainer in the needs of caring for the athlete.
- ii. Keep the crowd under control and assist the Athletic Trainer.
- iii. Have one student athletic trainer or coach meet the EMS at the door or entrance to guide EMS to the injury scene.

- b. Non-emergency
 - i. Support the Athletic Trainer in the needs of caring for the athlete

3. Coaches

- a. Emergency (Athletic Trainer Present)
 - i. Support Athletic Trainer in the needs of caring for the athlete.
 - ii. Keep the crowd under control and assist the Athletic Trainer.
 - iii. Have one coach meet the EMS at the door or entrance to guide EMS to the injury scene.
 - iv. Make sure the parents have been notified of the situation by either the Athletic Trainer or coach.
 - v. If athlete needs to be transported by EMS to hospital, either the parent should be meeting them at the hospital or a coach should be accompanying the athlete.
- b. Non-emergency
 - i. If the athlete requires transport not via EMS to hospital or Physician, a parent should transport the athlete.

**1. No Coaches or Students will transport athletes for injuries.
If parent is unavailable and immediate care is needed then
911/EMS should be contacted**

4. Administration

- i. Support Athletic Trainer in the needs of caring for the athlete.
- ii. Keep the crowd under control and assist the Athletic Trainer.

Contact Phone No's/Communication Sheet

EMS	Call 911 (If calling from school – Dial “outgoing” 9-911) SHS Training Room 860-628-3229 x 492
Athletic Director	Greg Ferry 860-628-3229 x 346 (Cell) 860-919-4295
Secretary	Lee McLean-Houle – 860-628-3229 x 425
Athletic Trainers	Laurie Martin 860-877-3440 Ed Gilberti 203-513-1159
Team Physician	Elite Sports Medicine Dr Carl Nissen 860-284-0220 Fax 860-284-0221 Gina Kostyn (Concussion) 860-284-0271
School Physician	Dr Skarvinko 860-621-8331 or 860-621-8332 Private Line 860-621-6502
Board of Ed (Ins)	Noreen White “outgoing” 200 x 216
Main Office	860 628-3229
Main Office Fax	860 628-3397
School Nurse	Jean Griglun 860-628-3229 x 255 Email: jgriglun@southingtonschools.org
School Nurse Fax	860 628-3399
Guidance Office	860 628-3229 x 244
Guidance Fax	860 620-1509
Referral Sources	Select Physical Therapy 860 620 9954 Dr Waskowitz 860 666-0448 (Lisa, Rachel, and Maria) Dr Becker (Neurologist) 860 774-1350 Dr Russell Chiapetta 860 628-4719 (Donna) M,W,F (morning) Dr Scarlet 860 832-4666 (Fri Mornings Southington) Ouch Ortho Urgent Care (Southington) 860-329-0115 Steve Fries Dr Treatment Center (Plainville) 860 747-4541 (7:30-8 M-F) (9-3 Sat Sun) Call for x ray times Right Now Urgent Care (Southington) 860 621-7682 Dr Peterson 860 621-6764 or 860 621-3124 Comprehensive Ortho 860 329 0115

Emergency Equipment

Appropriate emergency equipment is located in close proximity to the athletic trainers for competitions and practices. Personal protective equipment (PPE) and CPR masks are carried with the athletic trainers and in coach's medical kits (gloves and CPR masks) while at a practice or competition. Additional emergency equipment is contained in the athletic training room or on the golf cart. Vacuum splints are located in the athletic training room for indoor events, and taken outdoors for practices and competitions in accordance with the possible risk of injury. All coaches and athletic training staff should be familiar with the location of the AED(s).

1. EMS
2. AED
3. Foam Vacuum Splints
4. PPE
5. CPR Masks/Bag Valve Mask/Oxygen
6. Cold Water Emersion Tub
7. Facemask removal tools

Emergency Medical Services

Emergency Medical Services (EMS) will be expected to bring their equipment to the scene. Depending on the situation, a backboard, a cervical collar, a gurney, and other devices will be employed to tend to the athlete. Athletic Trainers will be the first to help the EMS as needed. Coaches may be asked to help with equipment under the supervision of EMS.

AED Triage Plan

Purpose: To establish a plan for location of the portable AED's that are housed on the Southington High School campus. A portable AED is kept with the athletic trainer and is stored in the athletic training room the wooden cabinet right of the sink labeled "Emergency Defibrillator". This plan is for utilization of the AED's that are maintained by the athletic training staff (portable).

Personnel: Certified Athletic Trainers will be responsible for ensuring that the portable AED is incorporated into the sideline equipment according to this triage/priority plan.

Rationale: The AED has been shown to be invaluable in emergency medicine and has been shown to be effective in treating cardiac arrhythmias caused by various mechanisms.

Cardiac contusion has been recognized as an arrhythmia that can be successfully treated with and AED. This injury has the highest risk of occurrence in softball and baseball. Cardiac arrhythmias are also linked to the non-athletic population, such as referees and bystanders at athletic events. Other sudden cardiac events can occur in the athletic population without warning signs in what are considered otherwise healthy athletes. The AED has come to be recognized as part of the athletic trainers sideline equipment. The plan below is written so that this piece of equipment is located at the location where it can possible make the most impact.

Plan: The athletic trainer will be in possession of the portable AED. The athletic trainer will consider the above scenarios where an AED may be needed. The following factors should be taken into account when determining where the Athletic Trainer will be with this valuable resource:

- 1) Nature of event, e.g. impact vs. non-impact risk
- 2) Number of participants and bystanders
- 3) Environmental conditions, i.e. lightning, heat, cold
- 4) Number and location of other athletic events occurring at the same time
- 5) Proximity to fixed AED's
- 6) On-campus vs. off campus events

The athletic trainer should use his or her best judgment when determining where to place the AED's when multiple events require it, using the above considerations and the guidelines below.

- 1) The AED should be located outdoors when one or more outdoor events (practices or games) are occurring.
- 2) The best location may be on the golf cart so that it can be quickly transported to the necessary location.

Location of Building AEDs

In nurse's office

Across from Main Office (Front hallway on the wall)

Across from East Gym (Back hallway on wall near stairwell)

Vo-Ag Building (Main lobby hallway on left wall)

Portable AED's

LifePak CR Plus

This AED is always with the Athletic Trainer; either in the athletic training room or at the venue with the Athletic Trainer.

Foam Vacuum Splints

Foam Vacuum splints are used for the immobilization of an injury to an extremity. They will be used if a fracture or break in a bone is deemed unstable for transportation. The vacuum splints are in a yellow bag and are stored either on the golf cart (fall and spring seasons) or under the treatment tables in the athletic training room (winter season).

Personal Protection Equipment

Personal Protection Equipment (PPE) includes gloves, and other barrier devices used in treating an athlete's injury. They will be worn when treating an athlete, and when there are biological hazards. Each coach's medical kit along with the athletic Trainers medical kit has gloves. The athletic training room has extra gloves and other barrier devices.

CPR Masks/Bag Mask Valve/Oxygen/Nasopharyngeal/Airway Kit

CPR Masks and bag mask valve are used during CPR and rescue breathing. They are used to protect the person giving and receiving CPR and rescue breathing from biological hazards. Barriers are located in the coaches medical kits and the athletic trainers medical Kit. The bag valve mask is kept with the AED either in the athletic training room (winter season) or on the golf cart (fall and spring season). The oxygen is contained in a plastic orange carrying case in the back office of the training room with Nasopharyngeal and Airway Kit enclosed.

Cold Water Emersion Tub

A cold-water emersion tub is used when treating heat related illnesses when the core body temperature needs to be decreased. The tub will be kept in the garage located by the Athletic Directors office and golf cart storage and will be filled with ice and water whenever high temperature/humidity occurs.

Facemask removal tool (I.e. Trainer Angels, FM Extractor, Screw Driver, Screw Gun)

Facemask removal tools are used when a facemask or helmet needs to be removed due to an injury. These tools are kept in the athletic trainers medical kit and/or fanny pack.

Emergency Personnel:

In almost every instance, a certified athletic trainer will be on site for home practices and competitions and would be the primary emergency care provider. If these personnel are not on-site, a coach will be the first responder and will have access to emergency communication as outlined by the venue plan.

Emergency Management Team Personnel

- Athletic Trainer
- Student Athletic Trainer
- Coach
- EMS/EMT
- Athletic Administration
- Team Physician (if present)

Roles of the Emergency Management Team

- **The first role** of the team is immediate care of the injured or ill athlete. The most qualified personnel on the scene will assume this role. This will include basic and advanced CPR and first aid techniques.
- **The second role** in an emergency is the activation of Emergency Medical Services. This should be done as soon as the situation is deemed an emergency or life-threatening event. The person responsible for immediate care of the athlete will designate one person to fill this role. The person chosen to perform this duty should be someone who is calm under stressful situations, and can speak clearly. This person needs to have a thorough understanding of the location of the emergency and type of emergency. Information to be provided to EMS is listed on the Venue Specific Emergency Plan.
- **The third role** is retrieving the proper emergency equipment. This may be done by anyone on the emergency team, but should be someone who is familiar with the location of emergency supplies and the types of emergency supplies. The coaching staff will be instructed where emergency equipment is located within the athletic training rooms ideally in a non-emergent setting.
- **The fourth role** of the team is direction of the EMS team to the emergency scene. This may or may not be the same person who was responsible for activation of EMS. This person should be able to move quickly, and have an understanding of emergency access to the facility. Emergency access routes are listed on the Venue Specific Emergency Plan.

Role of the Athletic Trainer:

The athlete trainer will access the scene and injured person/athlete and determine the proper course of treatment. They will also make sure to activate EMS/EMT if the situation requires. If need be, the athletic trainer will give the responsibility to another member of the emergency management team who should follow the instructions written above in the second role. Athletic Trainers will treat the athlete's injury until EMS services arrive. The athletic trainer will report the situation to the EMS personnel who arrive on scene. Then assist as needed to help the EMS in treating the athlete.

Student Athletic Trainer

The student athletic trainer will always be in direct supervision of the athletic trainer and will help assist in the treatment of the athlete by helping retrieve the equipment necessary for treatment. Also, they may have the responsibility of calling and activating EMS/EMT services. For instructions on how to speak to these services, follow the above written instructions for second role. A student athletic trainer may need to meet the EMS outside the door or location to lead them to the injured athlete if the athletic trainer is unable to do so.

Coaches

The coach will help assist in the treatment of the athlete by helping retrieve the equipment necessary for treatment. Also, coaches may have the responsibility of calling and activating EMS/EMT services. For instructions on how to speak to these services, follow the above written instructions for second role. A coach will need to meet the EMS outside the door or location to lead them to the injured athlete if the athletic trainer is unable to do so. Coaches will also have the responsibility of keeping the players and parent away from the scene.

EMS and EMT

Emergency Medical Services and Emergency Medical Transport will arrive if the situation arises where their presences is required. They bring their own equipment to the scene and may use the equipment we have on hand. All roles will be helping EMS and EMT if they request assistance in treating the athlete. They will treat on scene and on route to the hospital.

Athletic Administration

Administration will be notified if a medical emergency occurs. They will help control the scene keeping parents and other athletes away from the scene and activate EMS/EMT services if needed.

Inclement Weather

Lightning/Thunderstorm Policy

A. Established Chain of Command: Responsible for making the decision to remove all participants from athletic venues or activities.

1. Certified Athletic Trainer on Duty
2. Athletic Director
3. Head Coach

B. ALL coaching and Athletic Training staff is responsible for checking the weather report prior to practice or competition each day.

C. ALL coaches and Athletic Training staff are designated as “Weather Watchers”. This means you are responsible for monitoring signs of nearby thunderstorm activity, such as direction of movement and distance to lightning flashes.

D. Lightning Detection System

The lightning detection system is located above the sports foyer overlooking the varsity baseball field. It will sound an alarm and flash when there is imminent danger of lightning in the area. Upon hearing the alarm all activities must cease and all participants and spectators should quickly move to the designated safe locations *refer to section F for SHS safe locations.

1. Alarm Codes and Instructions

- a. The first alarm siren heard will be a **Prolonged Beep**.
 - i. Upon hearing this alarm siren, cease all activities and quickly report to a safe zone.
- b. The second siren heard may be either a **Prolonged Beep**, or a **Cyclical Siren**.
 - i. If another **Prolonged Beep** is heard you may **NOT** return to playing fields.
 - ii. If a **Cyclical Siren** is heard you may return to the playing fields.
 - iii. Not until the **Cyclical Siren** is heard may you return to sport.

E. The “Flash to Bang” Method

1. The flash to bang method should be utilized to determine how far away lightning activity is occurring in the absence of the lightning detection system.
 - a. To use the flash to bang method, the observer begins counting when a lightning flash is sighted. Counting is stopped when the associated bang is heard. Divide this count by 5 to determine the distance to the lightning flash in miles.

- i. If the flash to bang count approaches 30 seconds all outdoor activities must cease, and spectators and participants should already be inside a safe structure or immediately seeking a safe structure location. Once activities have been suspended wait at least 30 minutes after the last sound of thunder or lightning flash before resuming activities.

F. Predetermined Safe Locations

- 1. A safe shelter is defined as: Any fully enclosed building with plumbing and wiring to electrically ground the structure.**
 - a. In the absence of a proper building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of protection.
Visiting away teams may return to their school bus or car
2. All athletic participants/spectators should seek shelter **INSIDE**:
 - a. Southington High School cafeteria or gymnasiums
 - b. Vo-Ag Building
 - c. Concession stand building
 - d. Brick Bathroom Building
 - e. **Under no circumstances should you stand under the overhang of the loading dock.**

G. Lightning safety guidelines and strategies

1. Avoid being in close proximity to the highest point of an open field. Do not take shelter on or under metal bleachers, near a tree or flag pole.
2. Avoid taking a shower or using plumbing facilities and land lines
3. The existence of blue sky and the absence of rain are not protection from lightning.

Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.

4. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY'S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!**

5. People who have been struck by lightning **do not** carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder. If possible, an injured person should be moved to a safer location before starting CPR.

National Athletic Trainers Association Position on Lightning Safety

National Athletic Trainers' Association Position Statement: Lightning Safety for Athletics and Recreation

“The National Athletic Trainers’ Association recommends a proactive approach to lightning safety, including the implementation of a lightning-safety policy that identifies safe locations for shelter from the lightning hazard. Further components of this policy are monitoring local weather forecasts, designating a weather watcher, and establishing a chain of command. Additionally, a flash-to-bang count of 30 seconds or less should be used as a minimal determinant of when to suspend activities. Waiting 30 minutes or longer after the last flash of lightning or sound of thunder is recommended before athletic or recreational activities are resumed. Lightning safety strategies include avoiding shelter under trees, avoiding open fields and spaces, and suspending the use of land-line telephones during thunderstorms. Also outlined in this document are the prehospital care guidelines for triaging and treating lightning-strike victims. It is important to evaluate victims quickly for apnea, asystole, hypothermia, shock, fractures, and burns. Cardiopulmonary resuscitation is effective in resuscitating pulseless victims of lightning strike. Maintenance of cardiopulmonary resuscitation and first-aid certification should be required of all persons involved in sports and recreational activities.” (*Journal of Athletic Training* 2000; 35(4):471–477)

- In the case of a Tornado all athletes and spectators need to enter the closest building with electrical or plumbing, staying away from doors or windows and get on your hands and knees, head to the wall with your hands covering your head and neck.

Fire Emergencies

Evacuation of Inside On or off Campus Locations: Exit the space/room through the nearest exit/emergency exit as quickly as possible. Once the building is exited move as far away from the building as possible

Evacuation of Outside Venues: Move as far away from the fire as quickly as possible to a safe place, i.e. car, bus, school or building.

Emergencies Involving Non-athletes

1. Stabilize the person and treat wounds
2. Call the nurse 860 620 3229 ext 255
3. Call emergency services as needed - **911** –
4. Contact Administrator

Roles of First Responders for Emergencies for Southington High School Athletics



1. Immediate care of the injured or ill athlete:
 - a. Primary survey:
 - i. Survey the scene for hazards to first responder
 - ii. Check for Airway. If not breathing, reposition head and listen again. If still no breath, perform chin-lift maneuver and give two breaths via mouth to mask. If breaths do not go in, reposition head and attempt two more.
 - iii. Check for pulse at carotid, brachial or radial pulse points. If no pulse present, begin chest compressions at a rate of 100 per minute at a ratio of 30 compressions to 2 breaths. If AED is available, use immediately.
 - iv. If breath and pulse are present, continue to monitor both until EMS arrives.
 - b. Secondary survey:
 - i. Evaluate level of responsiveness, determine if athlete is alert and oriented, responds to verbal stimuli, responds to pain, or is unresponsive.
 - ii. Perform a brief physical exam, looking for open wounds, deformity, or tenderness.
2. Emergency Equipment Retrieval:
 - a. All med Kits and ATCs will have CPR mask, Facemask Removal Equipment and biohazard protection on person. Additional emergency equipment available on sidelines or with EMS.
3. Activation of Emergency Medical System (EMS)
 - a. EMS Crew will be signaled for assistance during varsity football games.
 - b. In the event that the EMS crew is called away during the varsity football game or emergency occurs during a game:
 - i. From campus land line phone: **Call 9-911**
 - ii. From wireless phone or other venues: **911**

iii. Give the following information:

1. Emergency is at Southington High School(Or other site at SHS or other off site venue)
2. Age, sex of injured individual
3. Condition of injured; breathing/not breathing, conscious or unconscious, basic description of injury.
4. First aid treatment being given; CPR, etc.
5. Relevant medical history or any other information requested by dispatcher
6. Hang up last.

- c. After EMS has been notified, make sure there is assistance with crowd control.

4. Direction of EMS to scene

- a. Ambulance access – Which field/room the emergency is at and which gate/door they should enter
- b. Designate an individual to flag down EMS crew and direct them to the proper gates and scene.
- c. Scene Control: Limit scene to first aid providers and medical personnel. Move bystander In the case of a Tornado all athletes and spectators need to enter the closest building with electrical or plumbing, staying away from doors or windows and get on your hands and knees, head to the wall with your hands covering your head and neck.rs away from area to allow EMS clear access.

Southington High School Athletic Department – Emergency Action Plan

Lower Outdoor Practice / Game Fields

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site or on the golf cart.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant St. Turn right into rear (second) parking lot. Follow parking lot and make left turn just before the varsity baseball field. Turn right at end of driveway and follow down the hill.
7. Send assistant coach, AD or security guard to meet ambulance at the beginning of paved path, make sure gates are open, direct ambulance to the scene of injury.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

Upper Outdoor Practice / Game Fields

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site or on the golf cart.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant St. Turn right into driveway just beyond softball field. Follow driveway to field access gate.
7. Send assistant coach, AD or security guard to meet ambulance at the beginning of paved path, make sure gates are open, direct ambulance to the scene of injury.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

Football Stadium / Turf Field/Track

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director, EMS and MD (Varsity Football Games Only)

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Land line telephone in press box, Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site or on the golf cart. EMS will be at Varsity football games.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant St. Turn right into rear (second) parking lot. Follow parking lot and make left turn just before the varsity baseball field. Stadium field access is through the gate.
7. Send assistant coach, AD or security guard to meet ambulance at the beginning of paved path, make sure gates are open, direct ambulance to the scene of injury.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

Men’s Lacrosse/ Women’s Field Hockey Field

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach’s Cell Phone, Assistant Coach’s Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site or on the golf cart.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant St. Turn right into rear (second) parking lot. Follow parking lot and make left turn just before the varsity baseball field. Make left turn in front of football stadium entrance. Follow drive to lacrosse/field hockey field.
7. Send assistant coach, AD or security guard to meet ambulance at the beginning of paved path, make sure gates are open, direct ambulance to the scene of injury.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete’s guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

Baseball Field

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site or on the golf cart.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant St. Turn right into rear (second) parking lot. Follow parking lot and make left turn just before the varsity baseball field.
7. Send assistant coach, AD or security guard to meet ambulance at the entrance to the parking lot, make sure gates are open, direct ambulance to the scene of injury.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

Softball Field

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site or on the golf cart.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant St. Turn right into driveway just beyond softball field. Follow driveway to field access gate.
7. Send assistant coach, AD or security guard to meet ambulance at the entrance of the parking lot, direct ambulance to the scene of injury.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

Tennis Courts

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site or on the golf cart.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant St. Turn right into rear (second) parking lot. Tennis courts are on immediate left.
7. Send assistant coach, AD or security guard to meet ambulance at entrance to parking lot, direct ambulance to the scene of injury.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

West Gymnasium

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Turn right into first high school parking lot entrance. Follow parking lot to main entrance. Enter through right-hand set of double doors. Gymnasium is to the right.
7. Send assistant coach, AD or security guard to meet ambulance at entrance to the school. (Make sure they open the blue doors near the nurses office and wait for EMS there.)
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

East Gymnasium

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant Street. Turn right into first high school parking lot entrance. Enter through the first set of double doors. Gym is to the left.
7. Send assistant coach, AD or security guard to meet ambulance at entrance to the school.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Southington High School Athletic Department – Emergency Action Plan

Wrestling Practice Room

Emergency Personnel:

Games: Coach, Assistant Coach, ATC on Site, Security Personnel, Athletic Director

Practices: Coach, Assistant Coach, ATC on Site or accessible by cell phone or Training Room land line.

Emergency Communication:

Coach's Cell Phone, Assistant Coach's Cell Phone. During select games there will be a radio at the score table.

Emergency Equipment:

Sport specific medical kits on site at all practices and games containing biohazard materials and CPR face shields. Full medical bag w/ AED will be carried with the ATC on site. Ice and advanced medical equipment will be found with ATC on site.

Emergency Procedures:

1. Perform primary and secondary survey of scene to establish safety and level of responsiveness and retrieve emergency equipment.
2. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
3. Perform emergency CPR and/or first aid if necessary. Call EMS (911) (or instruct assistance coach or other responsible adult to call)
4. Call ATC if not on-site
5. Provide information about the specific injury.
6. Give specific directions:
 - From downtown Southington on Main St (Rt 10) turn right onto Flanders St. Pass the school and turn right onto Pleasant Street. Turn right into 2nd high school parking lot entrance adjacent to tennis courts. Enter through the first set of doors or right. Rom is down the stairs and to the left.
7. Send assistant coach, AD or security guard to meet ambulance at entrance to the school.
8. Head or assistant coach will accompany athlete to hospital in ambulance if parents are not present.
9. After athlete is under care of EMS, notify AD of situation.
10. Coach, ATC, or AD needs to notify student athlete's guardian within 24 hrs.

Directions to Local Hospitals

Connecticut Children's Medical Center 85 Seymour St, Hartford CT 06115

Head North on Pleasant St toward Flanders St
Turn Left at Flanders St
Turn Right at CT-10/Queen St
Turn Right to merge onto I-84 E toward Hartford
Take Exit 48A/48B for Capitol Ave
Turn Right toward Washington St
Slight Right at Washington St
Turn Left at Retreat Ave
Turn Left at Seymour St.

Uconn Health Center 263 Farmington Ave, Farmington CT 06030

Head North on Pleasant St toward Flanders St.
Turn Left at Flanders
Turn Right at CT 10/ Queen St
Turn Right to Merge onto I 84 E toward Harford
Take Exit 39 on the left for CT 4 toward Farmington
Turn right at CT 4/Farmington Ave

Bradley Memorial Hospital 81 Meriden Avenue, Southington CT 06489

Head North on Pleasant St toward Flanders St
Turn Left at Flanders St
Turn Left at CT 10/ N Main St
Turn Left at CT 120/ Meriden Ave

St Francis Hospital 114 Woodland Street, Hartford CT 06105

Head North on Pleasant St toward Flanders St
Turn Left at Flanders St
Turn Right at CT 10/ Queen St
Turn Right to Merge onto I 84 E toward Harford
Take Exit 46 on the left for Sisson Ave
Turn Right at Sisson Ave
Turn Right at Farmington Ave
Turn Left at Woodland St



Property & Facilities Map

Southington High School
720 Pleasant Street, Southington, CT 06489

Revised: 11/21/2011

Parking Spaces			
Area	Total	Handicap	Vehicle
Main	556	8	548
Back	44	4	40
VoAg	38	2	36
Back VoAg	8	0	8
Athletic	11	0	11
Tech Ed	37	0	37
TOTAL	694	14	680

