Purpose of this Emergency Action Plan:
The purpose of this document is to provide instructions to members of the Eastern Tech High School Athletic Department in the event of a medical emergency regarding student-athletes or individuals attending an athletic practice or event. A medical emergency includes the following situations:

- Unconscious athlete
- Persistent chest pain or difficulty breathing
- Suspected head, neck or spine injury
- Fractures that can’t be transported in any other vehicle other than an ambulance
- Severe bleeding that can’t be controlled or stopped
- Seizures
- Any other circumstance in which responders don’t feel comfortable in handling

Training Session(s) and EAP Review:
CPR/AED/basic first aid training is provided by Baltimore County Public Schools; coaches will receive a list of locations. All coaches are required to have this training before they can supervise a practice or game. These people may also receive training via other sources the training needs to meet BCPS requirements. Documentation of certification must be provided to the Athletic Director. The Emergency Action Plan (EAP) will be reviewed at the beginning of each academic year. If there are any questions Coaches should discuss the EAP with the Athletic Director or Athletic Trainer prior to their sports season.

Personnel:
Those with the highest level of health training are responsible for the emergency plan at a session or event.

Chain of Command during severe or catastrophic injury will be as follows:

a. Team Physician (if present)
   - Will be present at every varsity football home game
   - Will be organized and provided by the home team Athletic Trainer

b. Athletic Trainer
   - Will be present or available by phone at all practices or contests conducted on campus
   - If, for some reason, the Athletic Trainer cannot be immediately present, the coaches will be notified prior to the event occurring
   - If multiple events occur on campus the Athletic Trainer will notify the coaches, administrator and security where they will be.
• Sports or activities with a higher risk of injury will take priority
• If multiple injuries occur at the same time they will be triaged and handled from worst to least life-threatening

c. Coaching Staff
• Will be the first responder until the Athletic Trainer arrives
• Each coach is required to have the Emergency Information pages at every practice and game for each athlete present

d. Other support staff (police officers acting as security, coaches from other schools, student athletic trainers, school nurse, spectators/attendees who are licensed or certified medical professionals)

Roles of the Emergency Team:

A. Immediate care of the athlete
The first and most important role is immediate care of the athlete. Acute care in an emergency should be provided by the most qualified individual on the scene (see Chain of Command). Individuals with lower credentials should yield to those with more appropriate training.

B. Emergency Equipment Retrieval
The second role, equipment retrieval, may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. Student managers, coaches, or even players may be called on for this role. Important emergency equipment is noted below.

C. Activation of Emergency Medical Services
The third role, EMS activation, should be done as soon as the situation is deemed an “emergency” or “life-threatening” event. Time is the most critical factor. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be calm under pressure, who communicates well, and who is familiar with the location of the sporting event. STEPS FOR ACTIVATION ARE NOTED BELOW.

D. Directions to the emergency site
After EMS has been activated, one member of the team should be responsible for meeting the emergency medical personnel as they arrive at the site of the event, if they are not already there. An assistant coach or student athlete is appropriate for this role.
Equipment Retrieval:
Most of the emergency equipment will be under the control of the Athletic Trainer. If the Athletic Trainer is not on site, then the AD/Coach will be responsible for knowing where the emergency equipment is located and how to get to it. Emergency equipment listed below will be in designated locations during practices and competitions.

AUTOMATIC EXTERNAL DEFIBRILLATOR (AED)
4 located throughout the building know the location closest to your team(s)
   ○ *Outside Room 120/Red Room (this one will be outside with the AT during all Fall & Spring practices/game)
   ○ *Outsides Room 134 in the Engineering Hallway
   ○ *Front Lobby of the school
   ○ *Hallway between Gym 1 & Gym 2

Emergency Communication:

Activation of Emergency Medical Services (EMS)
If an emergency occurs at a practice or event, a member of the Emergency Team should promptly contact Emergency Medical Services (EMS). The local emergency telephone number is 911. Coaches are responsible for having a cellular phone in case of emergency.

Contacting the Emergency Medical Services (EMS)
1. If EMTs are at the event, then a signal (determined in advance) should be given to summon them.
2. If EMTs are not on site, call 911.
3. The following information should be provided to the dispatcher:
   1) Location (Be as specific as possible and use directions specified below)
   2) Chief complaint and incident type?
   3) Approximate age?
   4) Conscious: Yes / No. or alert?
   5) Breathing: Yes / No. or difficulty?
   6) Is there chest pain?
   7) Is there severe bleeding (spurting)?
   8) What care is being given to the athlete
4. Notify the Athletic Trainer, if not on site.
5. As EMS is being dispatched, make sure someone is designated to retrieve any needed emergency equipment.
6. Have the coaches serve as crowd control and keep other athletes away from the victim.
7. Send someone to meet the ambulance at the designated entrance and direct to the parking area.

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8. If a parent/guardian is not present, a member of the coaching staff will accompany the injured athlete to the hospital.
9. Access the athlete’s Emergency Information from FormReLeaf to be available at the hospital.
10. After EMS has been activated, a coach or administrator will contact the parent/guardian or emergency contact, if they are not present.
11. Notify the following people that an emergency event has occurred: Head Coach (if not present) and Athletic Director.

**Directions to Possible Emergency Sites:**

- **Badminton/Gym2 - ETHS 1100 Mace Ave.** Enter the front of the school – Gym 2 room can be accessed through the main Gym to the right in the main lobby or turn right down hallway to right
- **Baseball Field – ETHS 1100 Mace Ave.** Front parking lot – field is to the right of the building around the corner
- **Basketball (Boys & Girls)/Volleyball Gym 1 - ETHS 1100 Mace Ave.** Enter the front of the school – Main Gym to the right in the main lobby
- **Main Soccer Field/Girls’ Lacrosse/Softball Field – ETHS 1100 Mace Ave.** Pull into the school driveway drive past the school's marque – fields are straight at the end of the parking lot
- **Cheerleading/Cafeteria - ETHS 1100 Mace Ave.** Enter the front of the school – Cafeteria is to the left in the main lobby
- **Gym2 - ETHS 1100 Mace Ave.** Enter the front of the school – Gym 2 room can be accessed through the main Gym to the right in the main lobby or turn right down hallway to right
- **Field Hockey/Practice Soccer/ Boys’ Lacrosse - ETHS - 1100 Mace Ave.** Best access is Golden Ring Road, access through gate (Gate key master45)
- **Football Field – ETHS 1100 Mace Ave.** Pull into the school driveway drive past the school's marque – go to the end of the parking lot – the field is to the right (behind school)
- **Tennis Courts – ETHS 1100 Mace Ave.** - Pull into the school driveway drive past the school's marque – Tennis Courts will be on the left of the school
- **Wrestling Room – ETHS 1100 Mace Ave.** Enter the front of the school – wrestling room can be accessed through the Gym to the right in the main lobby

**CCBC Essex Stadium 7201 Rossville Blvd. Baltimore 21237**
- #1 Rossville Blvd: Enter at Rossville and follow College Dr to the left until you get to parking lot 3. Enter parking lot 3 and follow to the back of the lot (by storage shed) taking the access path to the stadium.
- #2 King Ave, Enter at King Ave. and Essex Community Dr. make a left onto College Dr. make a left until you get to parking lot 3. Enter parking lot 3 and follow to the back of the lot (by storage shed) taking the access path to the stadium.

**Kenwood High School Track/Football Stadium 501 Stemmers Run Rd**
- Stemmers Run Rd: Pull into the parking lot entrance closest to Martlyn Ave. Take left at the fork and follow the lot behind the school toward the stadium and track
Weather Related Emergencies:

The BCPS Weather Safety Procedures will be followed for all athletic practices and events. These procedures are included in the ETHS Athletic Department EAP. All coaches are responsible for knowing and following these procedures, especially those regarding heat and lightning.

Evacuation Areas:

1. Lightning
   - For outdoor practices, all participants will be moved indoors.
   - For outdoor events, the home team will go into the school.
   - The visiting team will go to a designated area in the school or their buses.
   - The Game Administrator or a coach will inform the spectators that the teams are leaving the field due to lightning in the area, and they need to vacate the stands and wait in their vehicles.
   - All indoor activities will remain inside until it is safe according to the Weather Safety Procedures

2. Hail / Severe Storm/Tornado/Hurricane
   - For outdoor practices, all participants will be moved indoors away from doors and glass.
   - For outdoor events, the home team will go into the school away from doors and glass.
   - The visiting team will go to a designated area.
   - The Game Administrator will inform the spectators that the teams are leaving the field due to hail or severe storm activity in the area, and they need to vacate the stands and wait in their vehicles.
   - All indoor activities will remain inside until it is safe according to the Weather Safety Procedures.

3. Cold Weather
   - Please see Cold Weather Practice Recommendations BCPS Athletic Department.
4. Heat Index Policy

- At this time, all outside activity is stopped when the local heat index reads 105 degrees. Please see the BCPS Athletic Policy of Heat Index for further questions.
- Measures should be taken to make sure breaks are taken and adequate cooling time is provided when temperatures are extremely hot.

Heat Stroke - *can lead to death* - high body-core temperature, dizziness, drowsiness, irrational behavior, confusion, irritability, emotional instability, hysteria, apathy, aggressiveness, delirium, disorientation, staggering, seizures, loss of consciousness.

**TREATMENT** cool athlete immediately
- cold water tub, immerse in ice water or “taco” method
- athlete in tarp hold sides up and pour cold water in the tarp
- **CALL 911**
Concussion Policy:

Due to the recent trends and studies regarding the dangers of post-concussion syndrome and second impact syndrome, BCPS Athletic Department is implementing recommendations from the MPSSAA/MSDE, CDC, NIH and sports medicine physicians in treating athletes’ who sustain a head injury during practice or games.


Any athlete that suffers an injury resulting in any signs or symptoms listed below will be removed from further participation for the remainder of the game or practice.

Concussion signs observed by staff:  

- Losses consciousness (even temporarily)
- Appears to be dazed or stunned
- Unsure of game score or opponent
- Lack of coordination
- Poor reaction time
- Shows behavior, mood, or personality change
- Forgets events prior to injury
- Unequal or dilated pupils
- Bleeding or clear fluid coming from nose or ears

Concussion symptoms reported by athlete:

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy
- Concentration or memory problems
- Lightheadedness
- Confusion

Athlete’s that have been removed from competition must be cleared by a physician and/or the Athletic Trainer. They must be cleared to begin the Return to Play (RTP) sequence and monitored closely during it. They must also be cleared after completing the Return to Play sequence to return to full activity. If you have ANY questions regarding concussions, please look at the BCPS Concussion Protocol and or ask an/the athletic trainer.

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