

NORTH COUNTY HIGH SCHOOL EMERGENCY ACTION PLAN

LOCATION: North County High School

ADDRESS: 10 1st Ave, Glen Burnie MD 21060

PHONE: (410) 222-6970

IMPORTANT PERSONNEL

EMS: 911

Certified Athletic Trainer: Kelsey Boulter (410) 802-1197

Athletic Director: Ryan Aleardi (717) 271-8090

Assistant Athletic Director: Shawn Behegan (410) 746-0968

Team Physicians: Milford Marchant, M.D. (Orthopedic Surgeon)
Jeffrey Mayer, M.D. (Primary Care Sports Medicine)

Participants in Emergency Action Plan:

1. **Athletic Trainer-** when on-site, will ALWAYS act as primary care provider
2. **Head Coach/Coach in Charge-** If ATC is not on-site will initiate EAP
3. **Athletic Director-** Share responsibilities with coaches and will notify parents

AED Locations:

ATC will always have an AED with them. If an ATC is not present the AED is in the athletic training room closet. There are also AEDs located outside of each gym.

New Gym Location: Outside of the gym entrance door in white box on the wall

Old Gym Location: Outside of the left doors (next to the girls locker-room) in a white box on the wall

Stadium: When construction is complete, AED will be placed inside the storage room

EMERGENCY CARE FACILITIES

1. Medstar Harbor Hospital

(410) 350-3200

3001. Hanover Street, Baltimore, MD 21225

2. Baltimore Washington Medical Center

(410) 787-4000

301 Hospital Dr, Glen Burnie, MD 21061

3. Shock Trauma Center

(410) 328-9284

22 S Greene Street, Baltimore, MD 21201

Emergency Procedures

Practice Procedures:

1. ATC or Coach will activate EMS by calling 911 (ATC will give any pertinent medical care)
2. Coach and/or administrator will relay important info to EMS (one will also retrieve AED if necessary)
3. Coaches and/or administrator will be directed to meet EMS for whichever location
4. ATC will remain with the injured person while EMS is arriving
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.
6. All information should be relayed to the Athletic Director, nurse, and parents

Game Day Procedures:

1. A Coach will be instructed to contact the AD, Assistant AD, or Administrator and relay pertinent information (injury, location of athlete, etc.)
2. The AD, Assistant AD, or Administrator will activate EMS and relay information
3. ATC will remain with the athlete and provide pertinent medical care until EMS arrives
4. A designated staff member will meet EMS according to location and direct them to the injured athlete. (See direction page)
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.

Heat Illness Policies and Procedures

Exertional Heat Stroke:

Signs/symptoms:

■ Severe disorientation (CNS Dysfunction)

■ Full body cramps

■ Slurred speech

■ Unresponsiveness

■ Deteriorating vital signs

Body core temperature > 105 °F

If EHS is suspected:

1. Immediately activate EMS
2. Athlete should be safely transferred into cold tub (located in athletic training room)
3. If ATC is present they will perform a rectal thermometer assessment

Rectal Thermometer Procedure:

1. When ATC is on site:
 - a. EMS will be activated. With help of designated support staff, the athlete will be placed on their side, lower garments removed to the point of exposure of buttocks and draped. The athlete's knees should be as close to the chest as possible and the probe will be inserted by ATC or physician.
 - b. The athlete will be transferred to a cold tub (Located in the ATR) immediately following the temperature reading. The athlete's entire body except for the head and neck should be immersed in the cold tub.
 - c. The athlete's vitals should be monitored every 5-10 minutes
 - d. The athlete must remain in the cold tub until the body temp reaches 102 °

AACPS Heat Guidelines

As needed, AACPS central office staff may issue county-wide heat restrictions in accordance with the heat index chart below. Any such county-wide restriction will be sent to athletic administrators for consistent implementation at all school sites. It is noted that measurements taken at different facilities/fields at the same school site may result in different heat indexes (example: turf fields tend to have a higher heat index than grass fields). It is expected that athletic directors, in consultation with trainers and coaches, will monitor the heat index at their school site. Any school may implement additional, more stringent guidelines above and beyond what the county issues if the circumstances at their facility warrant such additional precautions. Athletic Trainer and Coaches are to follow specific guidelines indicated of each code. (please refer to the AACPS website for specific guidelines)

North County Lightning Guidelines

1. In the event that lightning/thunder is seen and/or heard, all student athletes will be directed to the closest indoor facility. Players will remain indoors until directed otherwise by the athletic trainer or administrator.
2. Spectators will be directed to their vehicles
3. A 30-minute clock will be started at the first sight/sound of thunder and lightning. The clock will be reset after every sound/sight.
4. Play will resume approximately 30 minutes following the last sight/sound of thunder and lightning.

AACPS Head Injury Policies and Procedures

A concussion is a type of traumatic brain injury causing an immediate and, usually short-lived change in mental status or an alternation of normal consciousness resulting from a bump, blow, jolt, shaking or spinning of the head or body.

Concussions do not always involve a loss of consciousness. ANY traumatic blow to the head or to another part of the body (which causes a whiplash effect to the head) should be considered as a mechanism of concussion injury. While headache is the most common symptom of concussion, all people will experience concussion differently. Therefore, all of the potential signs and symptoms of concussion should be considered.

In the event that an athlete sustains a head injury the following management steps will be followed.

1. Athlete will be immediately removed from activity for the remainder of the day.
2. If there is a loss of consciousness for any amount of time, the athlete should be transported to nearest emergency medical facility.
3. If the athlete's condition deteriorates or fails to improve the athlete will be transported to the nearest emergency medical facility.
4. The Athletic Director and Nurse are to be notified of concussion
5. If athletic trainer is not on site, the athlete should be taken to nearest medical facility for evaluation and the AT and Athletic Director should be notified.
6. Regardless of the severity of the injury an athlete that displays the signs and symptoms of a concussion the athlete must see a concussion health care provider and must have written clearance to start return to play protocol.
7. The Athletic Trainer has the final say in return to play determination.

8. Return Pay Criteria

- a. Must be symptom free for 24 hours without pain medication in order to move past Day 1 on the following return to play program.
- b. The athlete must remain symptom free in order to move on to the next stage, and may only move one stage per 24 hours.

Day 1: Low levels of physical activity include walking, light jogging, light stationary biking, and light weightlifting.

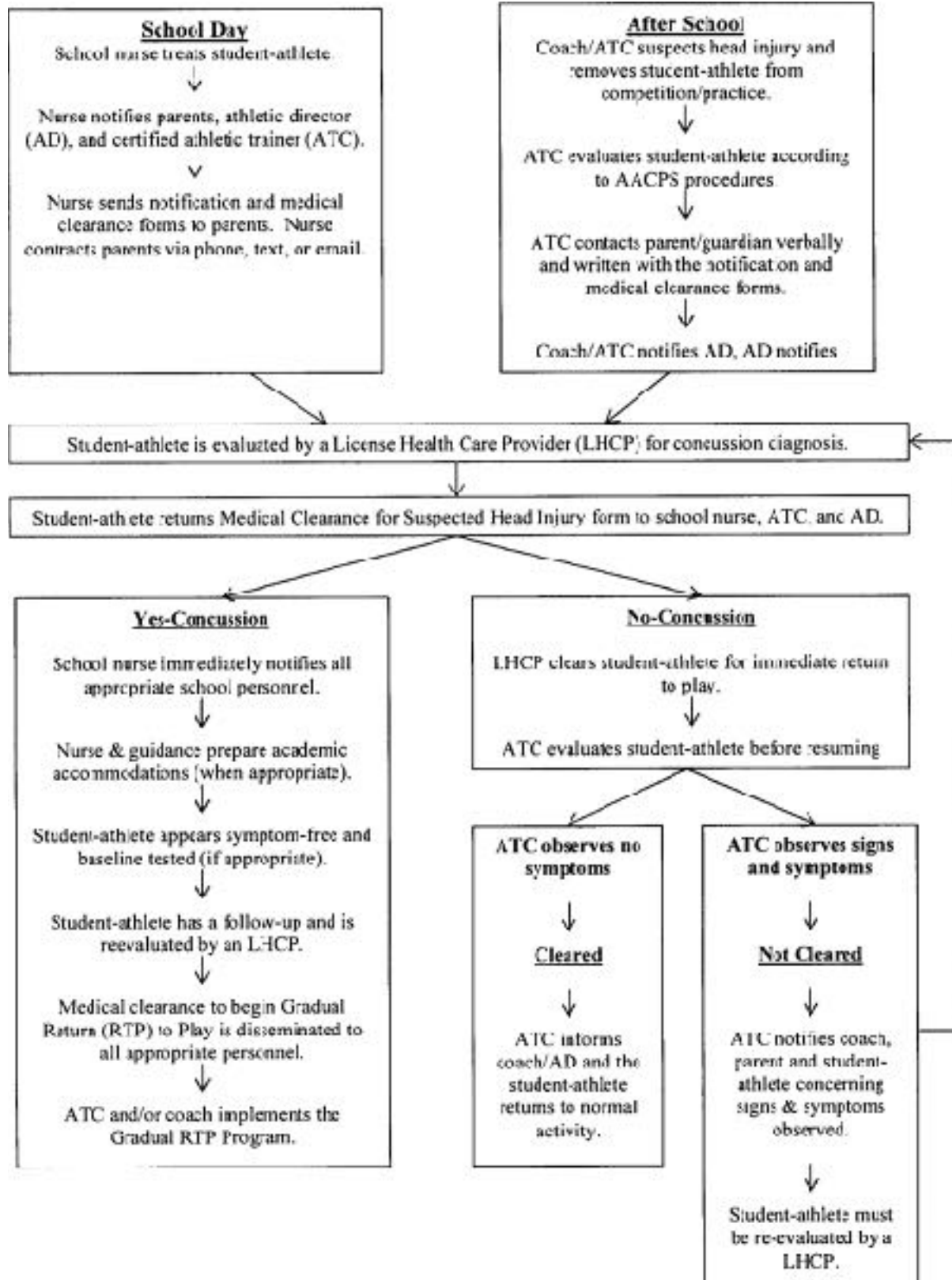
Day 2: Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, and moderate intensity weightlifting.

Day3: Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary cycling, completing the regular lifting routine, and non- contact sport specific drills. iv. Day 4: Sports Specific practice

Day 5: Full contact in a controlled drill or practice.

Day 6: Return to competition

PLEASE NOTE: The Athletic Training Staff and Team Physicians will make the final determination regarding the return to play.



North County High School Cervical Spine Injury Policies and Procedures

Cervical Spine Injury Guidelines

1. Identify rescuer team and roles of each rescuer at the beginning of the season and review before every game.
2. Equipment removal supplies and locations:
 - a. Electric Screw Driver— (1) Large Field Medical Kit, (1) ATC Waist Field Medical pack
 - b. Manual Screw Driver— (1) Large Field Medical Kit
 - c. Pruning Sheers for Helmet Removal — (1) ATC Waist Field Medical Kit
 - d. Pencil for Riddell Helmet Clip Removal — (1) ATC Waist Field Medical Kit

Football and Lacrosse Cervical Spine Injury Procedures

1. Assess ABCs and Severity of injury
2. Activate EMS
3. Stabilize Cervical Spine
4. If supine, begin equipment removal process if warranted.
5. If prone, log roll with 4-person push or pull mechanism and then begin equipment removal if warranted.
6. The athlete's facemask should ALWAYS be removed to be able to access the airway in care of emergency.
7. Equipment removal involves 3 rescuers
 - a. Rescuer 1 — Remains at the head at all times
 - b. Rescuer 2 — Helmet Clips, Screw, and Facemask removal, Cut Chin Strap
 - c. Rescuer 3 —T-Cut Jersey, Cut pads in necessary places (i.e. strings, straps)
8. Helmet removal
 - a. Stabilization is transferred to the Rescuer 2
 - b. Stabilization Techniques:
 - i. From the side with placing one hand on the athlete's occiput and the other hand on the athlete's chin.
 - ii. Over top the athlete by placing hands on both sides of the head at the ear and around to the occiput.
9. Shoulder Pad Removal and Spine Board Placement
 - a. 8 Man Lift Technique.

- b. Shoulder pads are be pushed down and slid out from underneath the athlete.
- c. Spine Board is slid up from the athlete's feet to the knees of Rescuer 1.

Orthopedic Trauma Policies and Procedures

1. Coach or administrator will activate EMS by calling 911 (ATC will give any pertinent medical care i.e splinting/bandaging)
2. Coach and/or administrator will relay important info to EMS (one will also retrieve AED if necessary)
3. Coaches and/or administrator will be directed to meet EMS for whichever location
4. ATC will remain with the injured person while EMS is arriving
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.
6. All information should be relayed to the Athletic Director, nurse, and parents

Cardiac Arrest Policies and Procedures

1. Coach or administrator will activate EMS by calling 911 (ATC will begin CPR while Coach or Administrator retrieves AED)
2. Coach and/or administrator will relay important info to EMS (Once AED is present, pads will be placed on patient and activated)
3. Coaches and/or administrator will be directed to meet EMS for whichever location
4. ATC will remain with patient (continuing CPR/AED activation) while EMS is arriving
5. Once EMS arrives ATC will relay all pertinent information to the crew and transfer care
6. All information should be relayed to the Athletic Director, nurse, and parents

Documentation of Incidents

All Coaches are required to thoroughly document each emergency incident. These incidents should be documents on the AACPS Standard Student Accident Report. When completed, a copy of the report should be given to the Athletic Director and the Head Athletic Trainer. The Head Athletic Trainer will also write a thorough report in their documenting system.

**THE EMERGENCY ACTION PLAN SHOULD BE
REVIEWED ANNUALLY WITH ALL COACHES AND
STAFF**

Directions and Ambulance Access Points

New Gym:

- The ambulance will turn onto 1st Ave and stay to the left towards the high school. A designated staff member will meet EMS outside at the top of the parking lot. The

designated staff member will then direct the ambulance to the left side of the building and enter through the side doors facing the tennis courts.

Old Gym:

- The ambulance will turn onto 1st Ave and stay to the left towards the high school. A designated staff member will meet EMS outside at the top of the parking lot. The staff member will direct the ambulance to pull straight ahead to the doors facing the parking lot and then directed to the injured person.

Baseball (Varsity)

- The ambulance will turn onto 1st Ave and stay to the right towards the elementary school. A designated staff member will meet EMS in front of the softball field and will direct them to the baseball field.

Baseball (JV)

- The ambulance will turn onto 1st Ave and stay to the left towards the high school. A designated staff member will meet EMS in front of the softball field and direct them to the left side of the baseball field.

Softball

- The ambulance will turn onto 1st Ave and stay straight to the softball field. A designated staff member will meet EMS outside of the field to direct them to the injured person.

Turf/Bermuda

- The ambulance will turn onto 1st Ave and stay to the left towards the high school. One designated staff member will meet EMS at the top of the parking lot (softball field). They will direct them to stay to the right where another designated staff member will meet them at the top entrance to the turf. The staff member will direct them down the entrance and to the injured person.

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Tennis Courts

- The ambulance will turn onto 1st Ave and continue to the left towards the high school. A designated person will meet EMS at the top of the parking lot and direct them to the left side of the school. Another designated person will meet them at the court and direct them to the injured person.

NORTH COUNTY HIGH SCHOOL EMERGENCY ACTION PLAN

New Gymnasium

ADDRESS: 10 1st Ave, Glen Burnie MD 21060

PHONE: (410) 222-6970

Emergency Procedures

Practice Procedures:

1. ATC or Coach will activate EMS by calling 911 (ATC will give any pertinent medical care)
2. Coach and/or administrator will relay important info to EMS (one will also retrieve AED if necessary)
3. Coaches and/or administrator will be directed to meet EMS for whichever location
4. ATC will remain with the injured person while EMS is arriving
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.
6. All information should be relayed to the Athletic Director, nurse, and parents

Game Day Procedures:

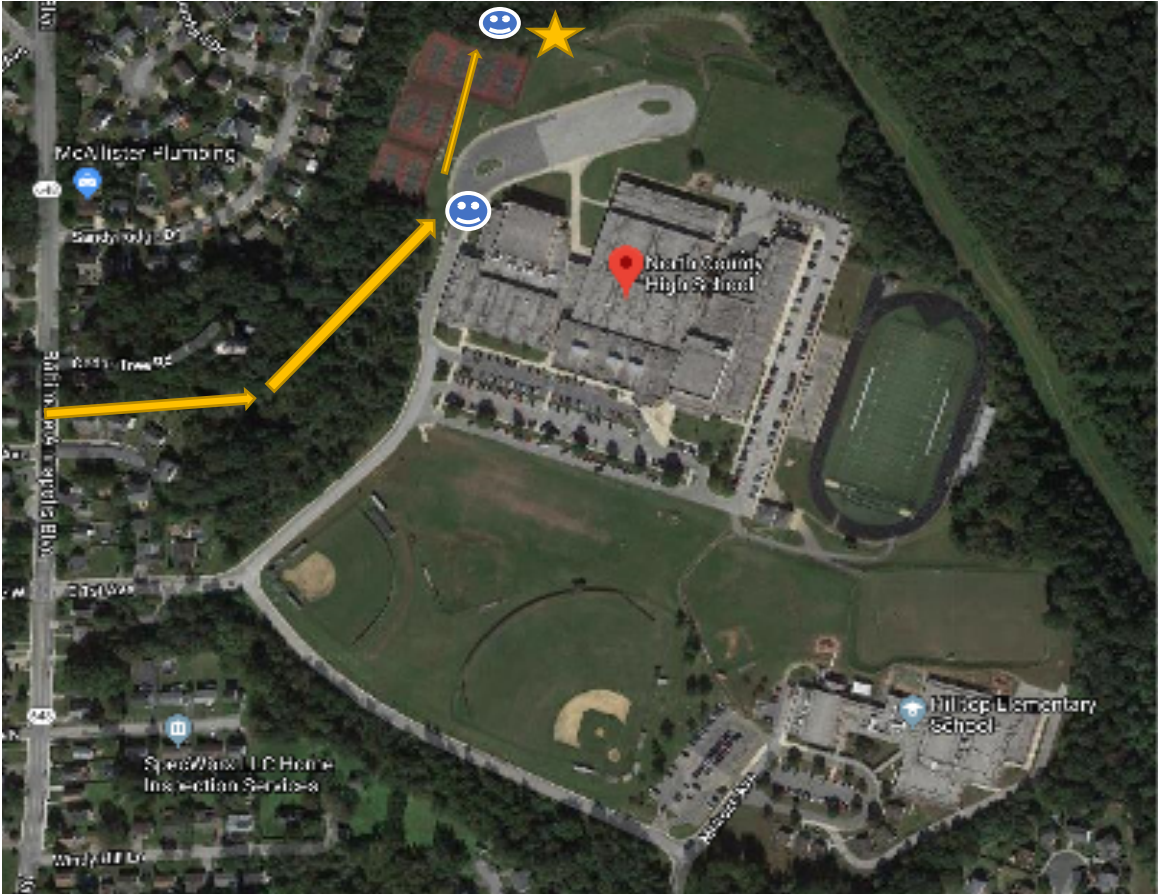
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2. The AD, Assistant AD, or Administrator will activate EMS and relay information
3. ATC will remain with the athlete and provide pertinent medical care until EMS arrives
4. A designated staff member will meet EMS according to location and direct them to the injured athlete.
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.

Directions and Ambulance Access Point

New Gym:

- The ambulance will turn onto 1st Ave and stay to the left towards the high school. A designated staff member will meet EMS outside at the top of the parking lot. The designated staff member will then direct the ambulance to the left side of the building and enter through the side doors facing the tennis courts.

New Gymnasium



 = Designated person meeting the

NORTH COUNTY HIGH SCHOOL EMERGENCY ACTION PLAN
Old Gymnasium

ADDRESS: 10 1st Ave, Glen Burnie MD 21060

PHONE: (410) 222-6970

Emergency Procedures

Practice Procedures:

1. ATC or Coach will activate EMS by calling 911 (ATC will give any pertinent medical care)
2. Coach and/or administrator will relay important info to EMS (one will also retrieve AED if necessary)
3. Coaches and/or administrator will be directed to meet EMS for whichever location
4. ATC will remain with the injured person while EMS is arriving
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.
6. All information should be relayed to the Athletic Director, nurse, and parents

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2. The AD, Assistant AD, or Administrator will activate EMS and relay information
3. ATC will remain with the athlete and provide pertinent medical care until EMS arrives
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5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.

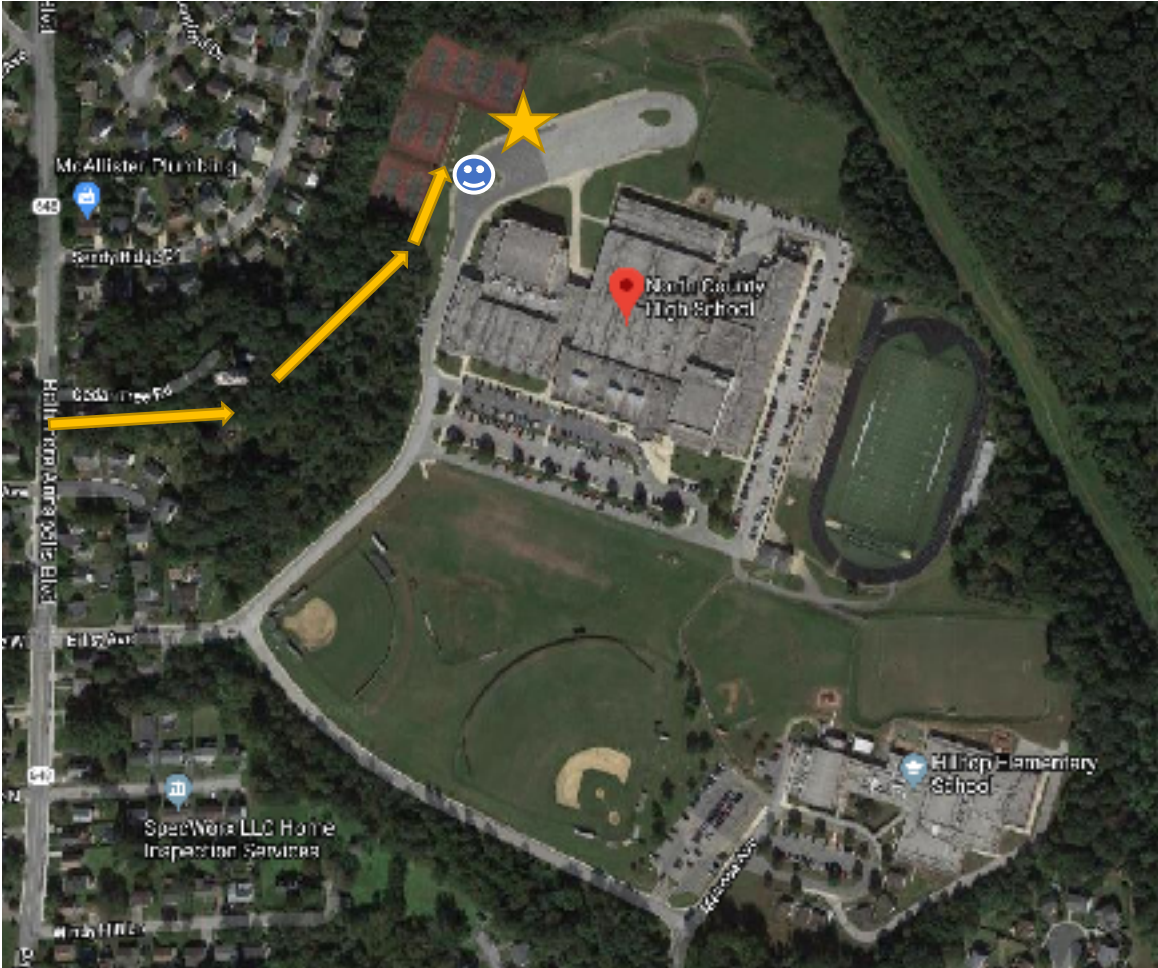
Directions and Ambulance Access Point

Old Gym:

- The ambulance will turn onto 1st Ave and stay to the left towards the high school. A designated staff member will meet EMS outside at the top of the parking lot. The staff

member will direct the ambulance to pull straight ahead to the red doors facing the parking lot and then directed to the injured person.

Old Gymnasium



 = Designated person meeting the

NORTH COUNTY HIGH SCHOOL EMERGENCY ACTION PLAN
Baseball Varsity Field

ADDRESS: 10 1st Ave, Glen Burnie MD 21060

PHONE: (410) 222-6970

Emergency Procedures

Practice Procedures:

1. ATC or Coach will activate EMS by calling 911 (ATC will give any pertinent medical care)
2. Coach and/or administrator will relay important info to EMS (one will also retrieve AED if necessary)
3. Coaches and/or administrator will be directed to meet EMS for whichever location
4. ATC will remain with the injured person while EMS is arriving
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.
6. All information should be relayed to the Athletic Director, nurse, and parents

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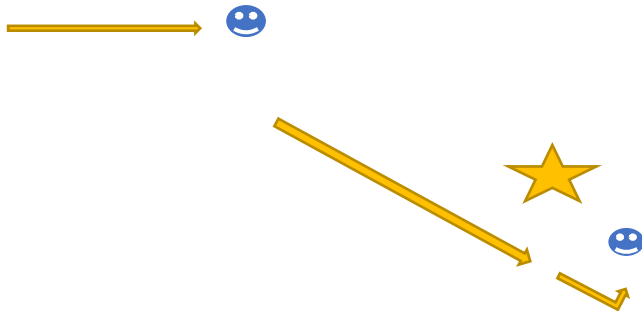
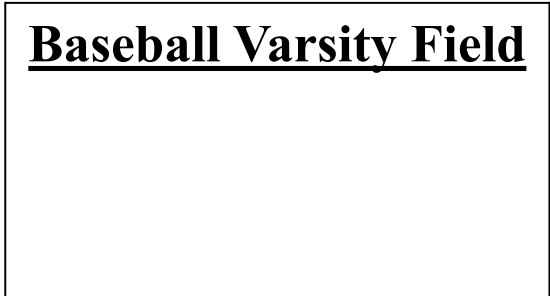
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2. The AD, Assistant AD, or Administrator will activate EMS and relay information
3. ATC will remain with the athlete and provide pertinent medical care until EMS arrives
4. A designated staff member will meet EMS according to location and direct them to the injured athlete.

5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.

Directions and Ambulance Access Point

Baseball (Varsity)

- The ambulance will turn onto 1st Ave and stay to the right towards the elementary school. A designated staff member will meet EMS in front of the softball field and will direct them to the baseball field.





 = Designated person meeting the

NORTH COUNTY HIGH SCHOOL EMERGENCY ACTION PLAN
Baseball JV Field

ADDRESS: 10 1st Ave, Glen Burnie MD 21060

PHONE: (410) 222-6970

Emergency Procedures

Practice Procedures:

1. ATC or Coach will activate EMS by calling 911 (ATC will give any pertinent medical care)
2. Coach and/or administrator will relay important info to EMS (one will also retrieve AED if necessary)
3. Coaches and/or administrator will be directed to meet EMS for whichever location
4. ATC will remain with the injured person while EMS is arriving
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.
6. All information should be relayed to the Athletic Director, nurse, and parents

Game Day Procedures:

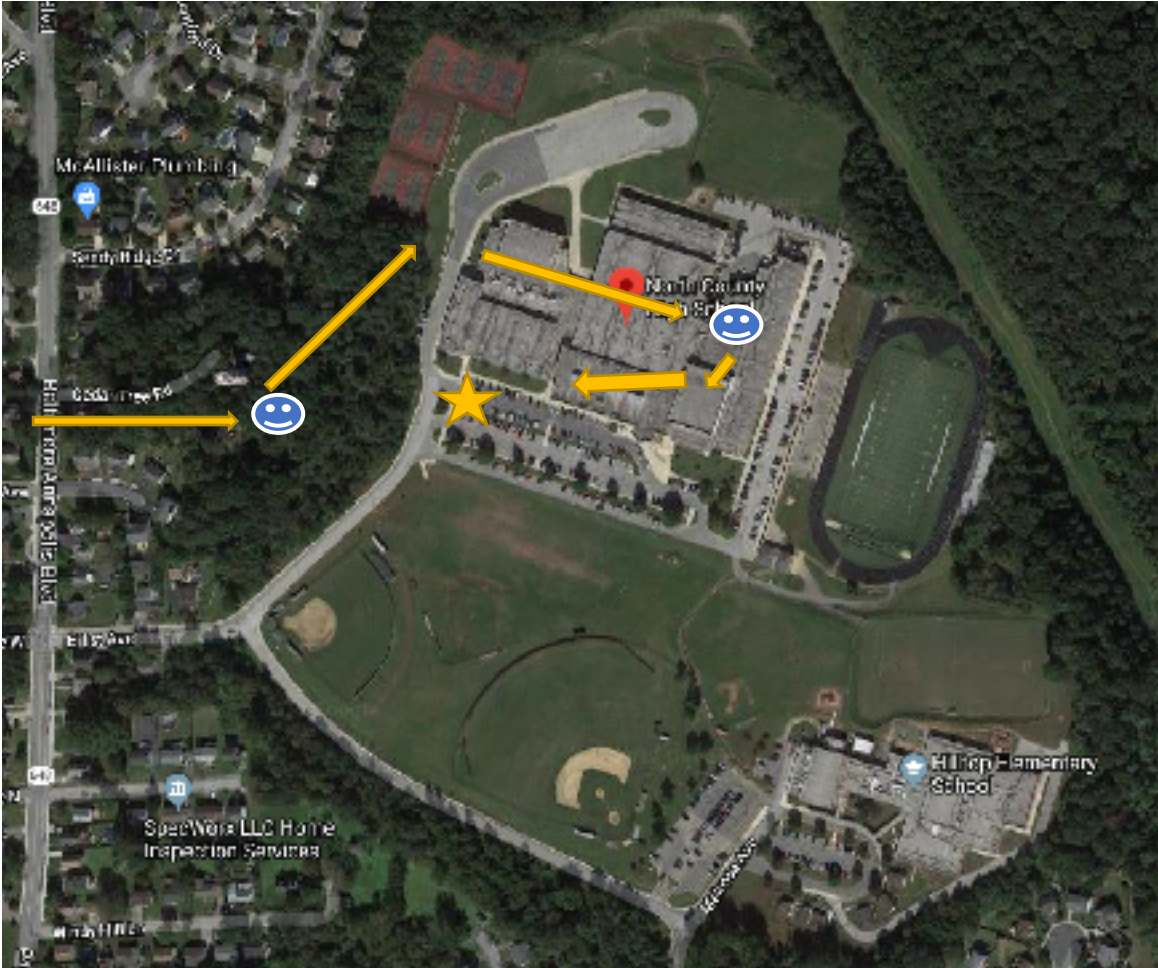
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2. The AD, Assistant AD, or Administrator will activate EMS and relay information
3. ATC will remain with the athlete and provide pertinent medical care until EMS arrives
4. A designated staff member will meet EMS according to location and direct them to the injured athlete.
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.

Directions and Ambulance Access Point

Baseball (JV)

- The ambulance will turn onto 1st Ave and stay to the left towards the high school. A designated staff member will meet EMS in front of the softball field. The ambulance will be directed towards the turf field path, where another designated person will meet them, and will then drive across the football grass field.

Baseball JV Field



 = Designated person meeting the

NORTH COUNTY HIGH SCHOOL EMERGENCY ACTION PLAN
Softball Field

ADDRESS: 10 1st Ave, Glen Burnie MD 21060

PHONE: (410) 222-6970

Emergency Procedures

Practice Procedures:

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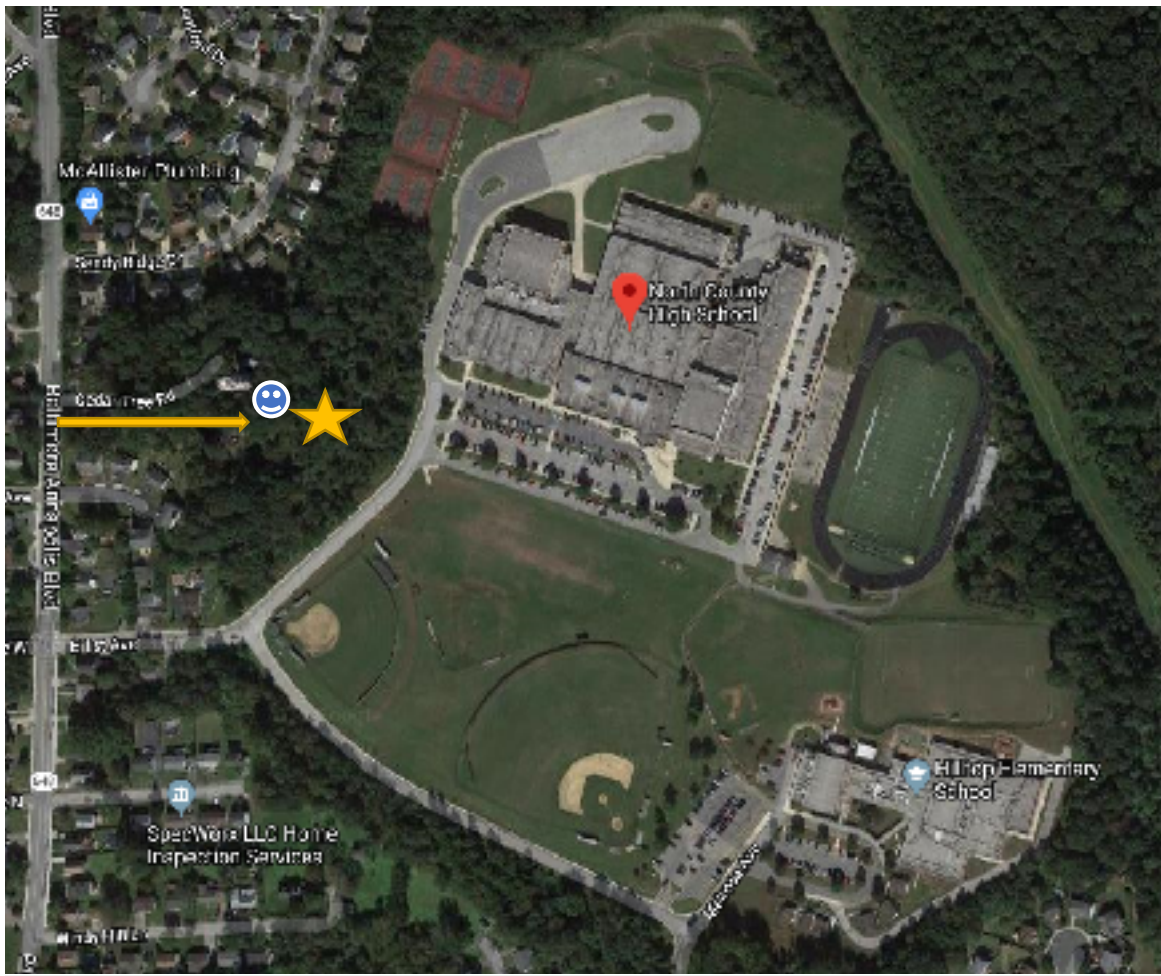
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3. ATC will remain with the athlete and provide pertinent medical care until EMS arrives
4. A designated staff member will meet EMS according to location and direct them to the injured athlete.
5. When the athlete is being transported he/she must be accompanied by a parent or designated coach.

Directions and Ambulance Access Point

Softball

- The ambulance will turn onto 1st Ave and stay straight to the softball field. A designated staff member will meet EMS outside of the field to direct them through the 3rd base dugout and to the injured person.

Softball Field



 = Designated person meeting the

NORTH COUNTY HIGH SCHOOL EMERGENCY ACTION PLAN
Turf/Bermuda Field

ADDRESS: 10 1st Ave, Glen Burnie MD 21060

PHONE: (410) 222-6970

Emergency Procedures

Practice Procedures:

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Directions and Ambulance Access Point

Turf/Bermuda

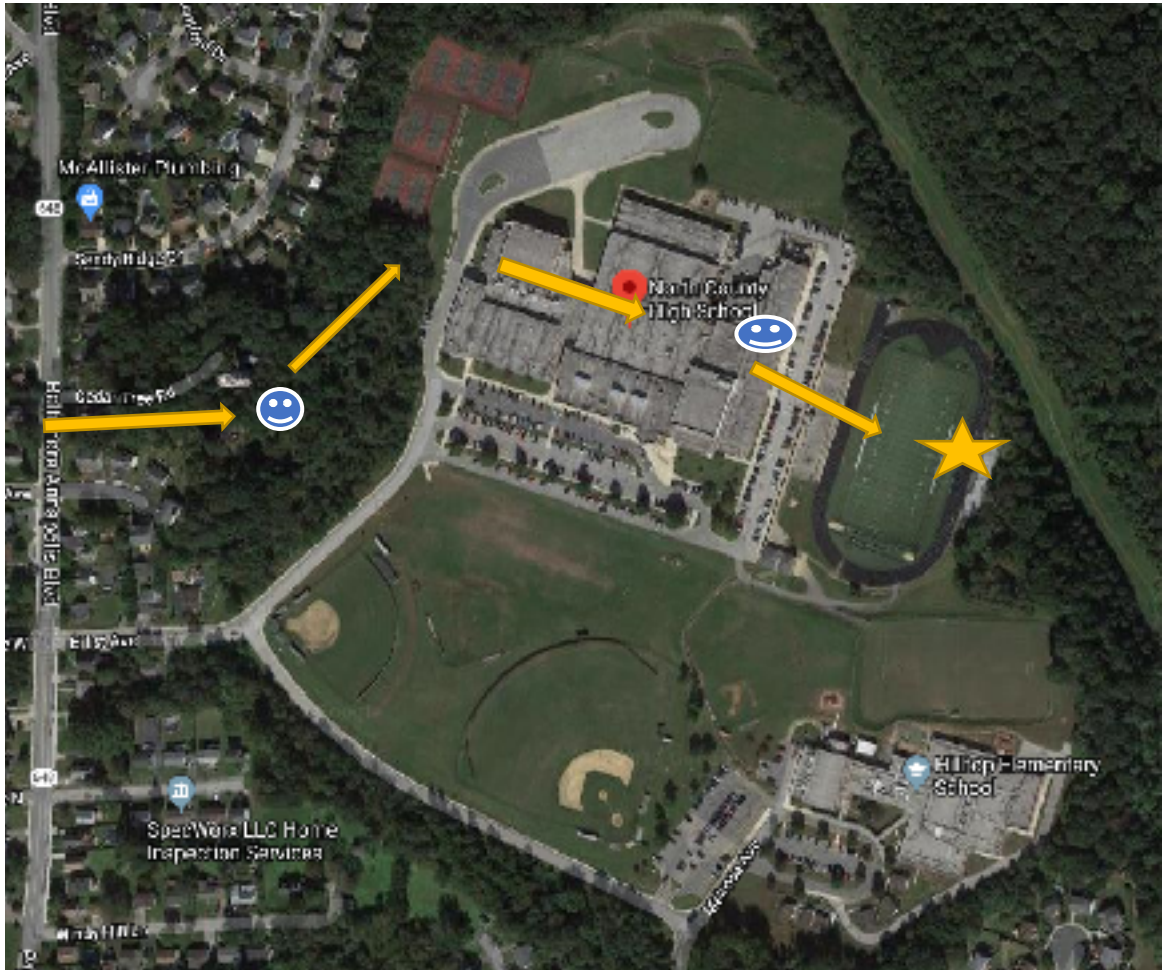
- The ambulance will turn onto 1st Ave and stay to the left towards the high school. One designated staff member will meet EMS at the top of the parking lot (softball field). They will direct them to stay to the right where another designated staff member will meet them at the top entrance to the turf. If there are any athletic teams on the turf the gates are ALWAYS unlocked. The staff member will direct them down the entrance and to the injured person.

Turf Field



= Designated person meeting the

Bermuda Field



= Designated person meeting the

NORTH COUNTY HIGH SCHOOL EMERGENCY ACTION PLAN

Tennis Courts

ADDRESS: 10 1st Ave, Glen Burnie MD 21060

PHONE: (410) 222-6970

Emergency Procedures

Practice Procedures:

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Directions and Ambulance Access Point

Tennis Courts

- The ambulance will turn onto 1st Ave and continue to the left towards the high school. A designated person will meet EMS at the top of the parking lot and direct them to the left side of the school. Another designated person will meet them at the court and direct them to the injured person.

