



## **SPORTS MEDICINE EMERGENCY ACTION PLAN**

### **Introduction**

Emergency situations may arise at anytime during athletic events. In order to provide the best possible care to the sport participant during emergency and/or life threatening conditions, quick and expedient action must be taken. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies may occur at anytime during an activity, the Sports Medicine staff and athletic department must be prepared. Athletic organizations have a duty to develop an emergency plan that may be implemented immediately when necessary and to provide appropriate standards of emergency care to all sports participants. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Through pre-participation physical screenings, adequate medical coverage, safe practice and training techniques, and other safety measures, some potential emergencies may be averted. Accidents and injuries are inherent with sports participation; proper preparation from the Sports Medicine team should enable each emergency situation to be managed appropriately.

### **Roles within the Emergency Team**

#### *1. Establish scene safety and immediate care of the athlete*

- In the event of an injury leave the injured athlete alone and do not attempt to move them from the field/court and notify an athletic trainer immediately.
- If no athletic trainer is at the scene, the role of the coach is to stabilize the athlete, activate emergency medical services, aid emergency medical services in any way possible and notify an athletic trainer of the situation.

#### *2. Activation of the Emergency Medical System*

- Making the Call
- Providing Information

- The following information should be given to the 911 operator when calling:
  - Name, address, telephone number of caller
  - Nature of emergency
  - Condition and number of athlete(s)
  - First aid treatment initiated by first responder
  - Specific directions as needed to locate the emergency scene

**Gymnasium, Yanitelli Center** – Dial 911 and let the operator know where the victim is located within the Yanitelli Center on the Campus of Saint Peter’s College. Notify Campus Safety of the situation immediately by dialing (201) 761-7400 or x7400 or “5” for emergency line if using an on-campus phone. The address is **870 Montgomery St., Jersey City, NJ 07306.**

**Pool, Yanitelli Center** - Dial 911 and let the operator know where the victim is located within the Yanitelli Center on the Campus of Saint Peter’s College. Notify Campus Safety of the situation immediately by dialing (201) 761-7400 or x7400 or “5” for emergency line if using an on-campus phone. The address is **870 Montgomery St., Jersey City, NJ 07306.**

**Bubble, Yanitelli Center** – Dial 911 and let the operator know where the victim is located within the Yanitelli Center on the Campus of Saint Peter’s College. Notify Campus Safety of the situation immediately by dialing (201) 761-7400 or x7400 or “5” for emergency line if using an on-campus phone. The address is **870 Montgomery St., Jersey City, NJ 07306.**

**Batting Cages, Rankin Hall** – Dial 911 and let the operator know where the victim is located within Rankin Hall on the Campus of Saint Peter’s College. Notify Campus Safety of the situation immediately by dialing (201) 761-7400 or x7400 or “5” for emergency line if using an on-campus phone. The address is **870 Montgomery St., Jersey City, NJ 07306.**

**Weight Room, Rankin Hall** - Dial 911 and let the operator know where the victim is located within Rankin Hall on the Campus of Saint Peter’s College. Notify Campus Safety of the situation immediately by dialing (201) 761-7400 or x7400 or “5” for emergency line if using an on-campus phone. The address is **870 Montgomery St., Jersey City, NJ 07306.**

**Jaroschak Field, Lincoln Park** – Dial 911 and let the operator know that you are located in Lincoln Park West. Notify Campus Safety of the situation immediately by dialing (201) 761-7400. The directions to Jaroschak Field from Duncan Ave are as follows: After passing the blue running track in the park make your first right, take the bridge over Route 1&9 and follow road to the end, last fenced-in field. From Communipaw Ave: make left just before getting to blue running track, take the bridge over route 1&9 and follow the road to the end, last fenced-in field.

**Turf Field, Lincoln Park** – Dial 911 and let operator know that you are located in Lincoln Park West. Notify Campus Safety of the situation immediately by dialing (201) 761-7400. The directions to the turf field from Duncan Ave are as follows: After passing the blue running track in the park, continue straight to turf field on right hand side. From Communipaw Ave: field is on left before blue running track.

***Track, Lincoln Park*** - Dial 911 and let operator know that you are located in Lincoln Park West. Notify Campus Safety of the situation immediately by dialing (201) 761-7400. If entering the park from Duncan Ave, make a right onto the park road, the blue running track will be on your right. If entering from Communipaw Ave, make a left onto the park road, the blue running track will be on your left.

### *3. Emergency equipment retrieval*

- Locate AED for immediate use

### *4. Direct EMS to scene*

- Inform EMS where to enter venue and instruct someone to wait outside to meet them when they arrive. When available, a member of the Athletic Training staff will accompany the injured athlete. If an Athletic Training staff member is not available a coach or college staff member will accompany the injured athlete. Write down the ambulance #.

## **After Activating EMS**

Anyone involved in responding to the emergency should meet immediately afterwards to debrief about the incident. The following should be discussed and documented:

- Report of the incident including times, names of persons involved, and specific facts about the response.
- Any issues regarding safety and security or anything that could be improved.
- Designation of who should be informed of the incident and who will relay the information.

An athletic trainer/coach/college staff member will contact the parent or guardian informing them of the situation once enough information is known. **The Director of Sports Medicine should be notified of all emergency situations.**

### **Guidelines to Use During a Serious On-Field Player Injury**

*These guidelines have been recommended for National Football League officials and have been shared with NCAA championships staff.*

1. Players and coaches should go to and remain in the bench area once medical assistance arrives. Adequate lines of vision between the medical staffs and all available emergency personnel should be established and maintained.
2. Players, parents and nonauthorized personnel should be kept a significant distance away from the seriously injured player or players.
3. Players or non-medical personnel should not touch, move or roll an injured player.
4. Players should not try to assist a teammate who is lying on the field (i.e., removing the helmet or chin strap, or attempting to assist breathing by elevating the waist).
5. Players should not pull an injured teammate or opponent from a pile-up.
6. Once the medical staff begins to work on an injured player, they should be allowed to perform services without interruption or interference.
7. Players and coaches should avoid dictating medical services to the athletic trainers or team physicians or taking up their time to perform such services.

\*Taken from the 2010-11 NCAA Sports Medicine Handbook

## **Location of AEDs in Athletics Dept.**

<b>Venue</b>	<b>AED Location</b>
Gymnasium, Yanitelli Center	On-site during in-season practices and games (2 <sup>nd</sup> floor)
Pool, Yanitelli Center	Attached to scorer's platform (2 <sup>nd</sup> floor)
Bubble, Yanitelli Center	Attached to wall outside elevator (4 <sup>th</sup> floor)
Fitness Center, Yanitelli Center	Attached to wall in Cardio Room (1 <sup>st</sup> floor)
Weight Room, Rankin Hall	Across the hall from Weight Room (1 <sup>st</sup> floor)
Jaroschak Field, Lincoln Park	On-site with athletic trainer during in-season practices and games
Turf Field, Lincoln Park	On-site with athletic trainer during In-season practices and games

## **ATHLETIC TRAINER PHONE LIST**

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