



MacFarland Middle School Athletics Emergency Action Plan

Important Contacts

- Athletic Trainer – Wisdom Nzidee
202-725-8048
- Athletic Director – Latasha Clemmons LaTasha.Clemmons@k12.dc.gov
 - Head Custodian—Kerry Banks
 - Lead Athletic Trainer – Dr. Jamila Watson
202-439-6437
Jamila.Watson@k12.dc.gov
 - Executive Director of Athletics—
Michael Bryant
202-870-1403
Michael.Bryant@k12.dc.gov

Introduction

In the event that an emergency situation should arise during an MacFarland Middle School athletic event, including practices and competitions, the following guidelines should be followed in order to provide the best care to the patients with emergency and/or life-threatening conditions. Implementation of an emergency plan will ensure the best care is provided for emergencies.

Emergency Personnel:

- Terrill Paulsen, ATC, Athletic Trainer
- Team Physician, Terry Thompson, MD (Howard University Hospital)
- Medical Resident Physicians (Howard University Hospital Medical Residents)
- Athletic Training Students (George Mason University)
- EMS

Roles within the Emergency Team:

Immediate care of the athlete
Emergency equipment retrieval
Access for EMS to the scene (opening gates, disarming panic doors)
Activation of the Emergency Medical System
Direction of EMS to the scene

Emergency Equipment:

Supplies on field:
1st aid kit/supplies
Additional emergency equipment (including splint bag, and crutches, maintained on sidelines)

Activating the EMS System:

Making the call:

9-1-1 if available

Telephone numbers for local police, fire department, and ambulance service

Providing Information:

- 4400 Iowa Ave NW, Washington DC 20011
- Telephone number of the caller
- Number of athletes injured
- Condition of the athlete (breathing, not breathing, pulse, no pulse, bleeding, conscious, unconscious)
- 1st aid treatment initiated by the 1st responder (blood control, rescue breathing, CPR, etc)
- Other information as requested by dispatcher
- Someone will be in place to meet the ambulance and direct them to the injured athlete



Transportation to the Emergency Room:

- If the athlete is transported, EMS should provide which hospital the athlete is going to in order to provide accurate information to the parent or guardian.
- If EMS is activated the parent or guardian of the injured athlete must be contacted.
- If the patient is transported, a coach or school staff **MUST** accompany the patient to the hospital along with the emergency treatment form.

Injuries on the Field:

- EMS should be directed to:
Roosevelt High School (4301 13th Street NW, Washington DC 20011)
- The gate entrance on Upshur Street between Georgia Ave. and 13th Street across from Ace Hardware.
- Access to the gates on the field:
 - Terrill Paulsen (202) 439 6430
 - Kevin Grimsland—Roosevelt AD—202 505 0715

Injuries in the Gymnasium

- Enter through the front door. Turn left go upstairs. Gym is on the third floor.
- Direct EMS to the front entrance of the school and then guide to: 4400 Iowa Ave NW, Washington DC, 20011. Up the stairs to the third floor.

Injuries at an Away Event

If the Athletic Trainer (AT) travels with the team, the AT will assess the injury and provide necessary initial injury management.

- Follow instruction of the emergency action plan devised specifically for that school (If out of town a supplemental Emergency Action Plan will be provided)
- If the Athletic Trainer (AT) does not travel with the team the host AT or other medical personnel will assess and give recommendations for initial injury management.
- Upon return to the school, the AT should be notified as soon as possible about the injury. The injury should be re-assessed by the AT. If possible a written assessment by the host medical staff should be obtained for the home AT.
- If EMS is activated, the athlete should not be taken to the emergency room alone.
- A parent, coach or other school staff member **must** accompany the athlete.
- The AT, coach, or the accompanying school staff member should notify the athlete's parent or guardian if he/she is transported to the Emergency Room. An injury report will be completed by the AT upon return to the school.

Lightning Safety

All coaches and athletes will use the following guidelines in the event of lightning. If you see lightning or hear thunder all individuals are to leave the athletic site and seek safe shelter.

Play is not to be resumed until 30 minutes after the last lightning or thunder occurrence. Safe sites include **inside** cars, vans, buses, or nearby buildings. Shelter **should not** be taken in the baseball or softball dugouts.

General Information

On Field Emergency Protocol:

- 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
- Players, parents and non-authorized personnel should be kept a significant distance away from the seriously injured athlete or athletes
- Players or non-medical personnel should not touch, move or roll an injured player
- 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)
- Players **should not** pull an injured teammate or opponent from a pile-up
- Once the medical staff begins to work on an injured player, they should be allowed to perform services without interruption or interference
- Players and coaches should avoid dictating medical services to the athletic trainers or team physicians.

Emergency/Crisis Event

In the event of an emergency/crisis, the Athletic trainer/On-site school personnel will direct the athletes, coaches, officials to the designated safe secure location .

