



Sousa Middle School Athletics Emergency Action Plan

Important Contacts

- Athletic Trainer – Jennifer Rheeling
202-439-6432 (cell)
Jennifer.rheeling@k12.dc.gov
- Athletic Director – Johnathan Abraham (202)-549-1941
- Head Custodians – Ms. Jackie (202) - 669 - 0081, Mr. Young (202) 231-4537
- Lead Athletic Trainer – Dr. Jamila Watson
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- Executive Director of Athletics – Michael Bryant
202-870-1403

Introduction

In the event that an emergency situation should arise during an Sousa 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:

- Jennifer Rheeling, MS, AT, 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
Automated External Defibrillator (AED)

Activating the EMS System:

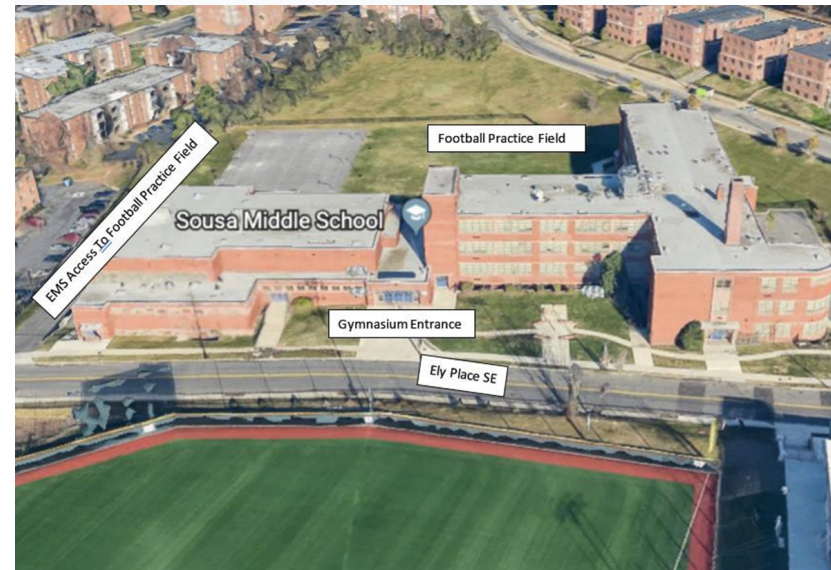
Making the call:

9-1-1 if available

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

Providing Information:

- 3650 Ely Place SE, Washington DC 20019 (directly across from Nationals' Youth Baseball Academy)
- 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 the rear of the school from the driveway on the west side of the building.
- (3650 Ely Place SE, Washington DC, 20019)

Injuries in the Gymnasium

- The gymnasium is located on the west end of the school.
- Direct EMS to the front (middle) entrance of the school and then to make an immediate left once in the building.. The gymnasium is at the end of the hallway.

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 .

