



# Colmar Manor Community Park Emergency Action Plan

## Important Contacts

- Meet Director/Sport Coordinator—Shanice Abrams  
202-834-2465
- Lead Athletic Trainer— Dr. Jamila Watson  
202-439-6437  
jamila.watson@k12.dc.gov
- Executive Director of Athletics— Michael Bryant  
202-870-1403  
Michael.Bryant5@k12.dc.gov
- Deputy Director of Athletics—Keith Goganious  
202-271-8604

**Park Police**  
301-459-9088

## Introduction

In the event that an emergency situation should arise during a cross country meet, 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:

- DCIAA Athletic Trainers
- Team Physician, Terry Thompson, MD (Howard University Hospital)
- 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 course:  
1st aid kit/supplies and an Automated External Defibrillator (AED).  
Additional emergency equipment on-site (including but not limited to golf cart course transportation, vacuum splints, crutches, and cooling equipment)

### Activating the EMS System:

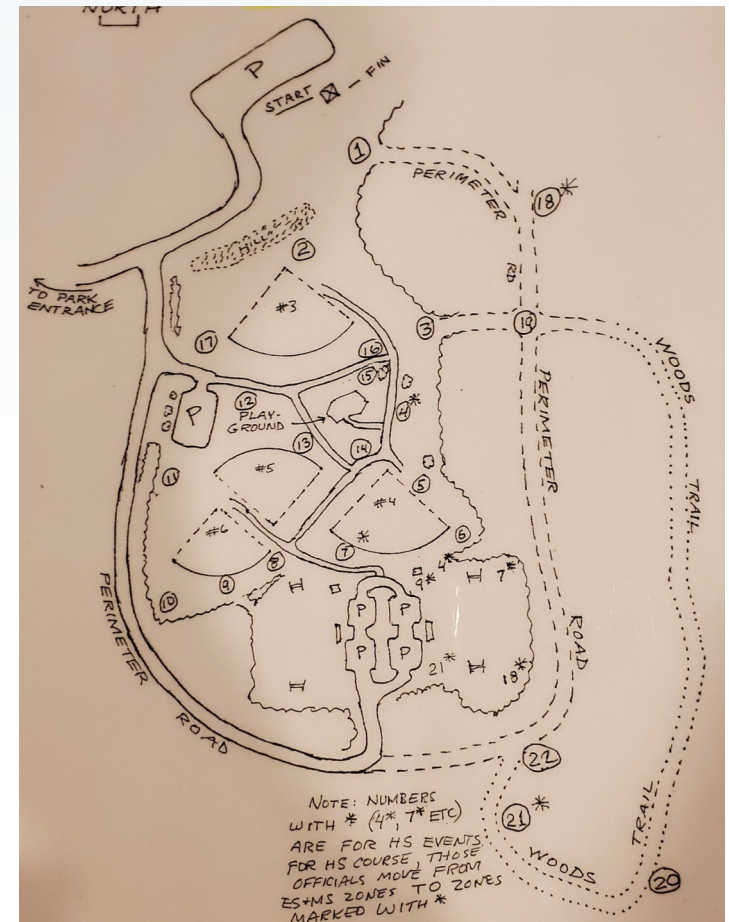
#### Making the call:

9-1-1 if available

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

### Providing Information:

- Colmar Manor Community Park— 3510 37th Ave, Colmar Manor, MD 20722  
301-927-2163
- Main Cross Streets are Bladensburg Rd and 37th Avenue
- 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)
- Specific directions as needed to locate the emergency scene
- 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 Within the Park**

- For injuries on the cross country course, there will be a designated person stationed at the first entry point of the course area to direct EMS to the exact location of the injured party.

**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.

**Emergency/Crisis Event**

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

**General Information**

On Course Emergency Protocol:

- Athletes and coaches should go to and remain in the spectator area once medical assistance arrives. Adequate lines of vision between the medical staffs and all available emergency personnel should be established and maintained.
- Athletes, parents and non-authorized personnel should be kept a significant distance away from the seriously injured athlete or athletes.
- Athletes or non-medical personnel should not touch, move or roll an injured athlete.
- Athletes should not try to assist a teammate who is lying on the course.
- Once the medical staff begins to work on an injured athlete, they should be allowed to perform services without interruption or interference.
- Athletes and coaches should avoid dictating medical services to the athletic trainers and medical personnel.

EMERGENCY RESPONSE CODES	
CODE RED	Serious Heat Emergency: Call 911 Unresponsive / unconscious, immediate cooling, TACO needed, lifesaving equipment needed.
CODE BLUE	Serious Medical Emergency: Call 911 Unresponsive / unconscious, lifesaving equipment needed.
CODE ORANGE	Heat Emergency: Bring ice bags, golf cart / wheelchair to transport to medical tent.
CODE YELLOW	Possible Fracture: Bring splint bag, golf cart / wheelchair, prepare to transport.
CODE GRAY	Weather Emergency: Seek shelter immediately.
CODE PURPLE	Bring golf cart / wheelchair.
CODE BLACK	Active Shooter / Community Disaster: Call 911, seek shelter immediately.
CODE GREEN	All Clear: Resume normal activity.

