

*Monomoy Regional High School*

*75 Oak Street Harwich, MA*



*Gymnasium Emergency Action Plan*

**Before Event Starts:**

- Athletic Trainer, Athletic Director, Sport Specific Coach and Janitor need to have radios connected on the same channel.
- Athletic Director must have all emergency exits unlocked.
- Situation AD is not present, janitor or athletic trainer will be responsible for unlocking emergency exits
- All emergency personnel must have a brief overview together of the EAP and their designated roles
- Coach must have all player's Emergency Contact info on site and easily accessible
- All emergency equipment must be taken from Athletic Training Clinic and brought to the site of event.

**Chain of Command and Roles of Personnel:**

- 1.** Certified Athletic Trainer (ATC) on site for scheduled practice and competition.
  - a.** Immediate care of the injured or ill student athlete
  - b.** Emergency equipment retrieval (if deemed necessary)
  - c.** Assign coach to activate EMS (state patient's name and status of injury)
  - d.** Use provided radio and or cell phone to alert AD of situation
- 2.** Specific Coaches
  - a.** Must be CPR/AED certified
  - b.** Activate EMS when told by Athletic Trainer
  - c.** Assist Athletic Trainer when needed
  - d.** If needed contact parent/guardian if athlete is a minor
- 3.** Athletic Director
  - a.** Make sure gates are clear and opened

- b.** Responsible for directing EMS when they arrive
- 4.** Officials
  - a.** Crowd Control

**Standard Injury Protocol:** This protocol is an overall general plan to address injuries or illnesses that require further attention or medical referral. This includes procedures to determine when to contact a physician, general instructions that athletes can take where the medical records of athletes are kept and how they are used for home and traveling events.

**Weather Related Emergency:** This type of plan addresses severe weather emergencies. Covered here are policies on how to suspend and resume physical activities based upon weather conditions, who is in charge of assessing weather related conditions, and who is to be notified in cases of extreme weather event. In relation to weather related emergency with the fall athletics practices and competitions must be scheduled earlier due to the amount of mosquitoes that emerge after dusk and ensure our athletes safety.

- In the event of a weather related emergency the referee's, coaches and athletic director are responsible for determining if the game will be postponed or cancelled.

**Trauma/Medical Emergency:** This type of plan should be the most specific in terms of management. Within this EAP protocols that are included and followed are traumatic/medical emergencies for all athletic venues, home and away, and for all games, practices or scrimmages.

Minimal Requirements:

- Providing qualified personnel who are trained in CPR/first aid
- Having on site EMS
- Ensuring access to medical facilities
- Having appropriate emergency equipment
- Communication devices on hand
- Having proper contact information readily accessible should and emergency arise.

**Emergency Venue Communication:** No fixed telephone line. ATC has cell phone. Four radios within Athletic Department that are distributed to Athletic Director, Coach, ATC and Janitor. Coaches and Athletic Trainer should have their cell phones accessible at all times.

Athletic Training Room:

Athletic Director Office:

**Emergency Equipment:** AED, Crutches, Electrical Screw Driver, Radios

### **Directions to Monomoy Regional High School from Cape Cod Hospital**

- Start out going west on Park St toward Gleason St.
- Stay straight to go onto Gleason St.
- Turn right onto Lewis Bay Rd.
- Lewis Bay Rd becomes Camp St.
- Turn slight right onto Yarmouth Rd.
  
- Yarmouth Rd is just past Cedar St
  
- HESS 21248 is on the corner
  
- Yarmouth Rd becomes Willow St.
- Merge onto US-6 E/Mid Cape Hwy toward Orleans/Provincetown.
- Merge onto Pleasant Lake Ave/MA-124 S via EXIT 10 toward Harwich/HARWICHPORT.
- Turn left onto Har-Woods Ave.
  
- Har-Woods Ave is just past Carlson Ln
  
- If you are on Pleasant Lake Ave and reach Cranwood Rd you've gone a little too far
- Turn right onto Oak St.
- 75 OAK ST is on the left.
  
- Your destination is 0.1 miles past Colbys Rd
  
- If you reach Green Ln you've gone a little too far

# Monomoy Regional High School

75 Oak Street, Harwich, Massachusetts

Grades 8 through 12

