



SEAFORTH HIGH SCHOOL

Emergency Action Plan - Football Field/Track

School Address: 444 Seaforth Rd, Pittsboro, NC 27312

Turn right as you approach Entrance 1 and follow road around school

Turn right onto driveway in front of concessions stand

Football Field/Track will be to left



A- Baseball Field

B- Softball Field

C- Football Field

D- Soccer/Lacrosse Field

E- Practice Field

F- Concessions/Bathrooms

G- Locker Room



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Situations when 911 should be called are:

- An athlete is not breathing
- An athlete has lost consciousness
- It is suspected that an athlete may have a neck or back injury
- An athlete has an open fracture (bone has punctured through the skin)
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped

Chain of Command

- Team Physician
- Certified Athletic Trainer
- Athletic Director
- Administrator
- Head Coach


Once it has been decided that EMS should be called, the following protocol should be followed based on roles assigned by the highest person in the chain of command :

1. **IMMEDIATE CARE OF ATHLETE:** *Anna Murr/Athletic Trainer/Designee*
Stay with the athlete to monitor the athlete's condition and administer necessary first aid.
2. **ACTIVATE EMERGENCY MEDICAL SYSTEM:** *Jason Amy/Athletic Director/Designee*
Call EMS (9-1-1)→ ALWAYS BE SURE TO FOLLOW UP TO ENSURE THE CALL WAS MADE
 - a. Coaches, Athletic Director, and Athletic trainer should all have cell phones accessible.
 - b. **Important Phone Numbers**
 1. EMS (First Health of Chatham): 9-1-1
 2. Main Office- 919-542-3626
 3. Athletic Trainer: Anna Murr- (919)770-7393
 4. Athletic Directors: Jason Amy- (919) 548-0388
 - c. Closest Land Line Telephone Locations:
 1. Outdoor fields→Athletic Training Room (107F)
 - d. Venue Specific Directions
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3. **EMERGENCY EQUIPMENT RETRIEVAL:** *Head Coach/Designee*
 - a. **AED Locations: 2 AEDs accessible in case of emergency**



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1. Sport Med Room (107F). Athletic trainer will keep this AED on the gator cart next to the field (during fall/spring) or in the gymnasium (during winter) during all practice/games.
 2. Nurse's Office
 - b. Splints and Immobilization Supplies
 - Located in athletic trainer's kit or in 107F (Sports Med Room)
 - c. First Aid Supplies
 - Located in athletic trainer's kit or in 107F (Sports Med Room)
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4. **DIRECTION OF EMS TO SCENE:** *Jason Amy/Athletic Director/Designee*
Send runners to all intersections between where the athlete is located and the entrance to Northwood High School to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.
 5. **COMMUNICATION:** *Head Coach/Designee*
Attempt contact with the athlete's parents. Coaches are responsible for having Emergency Contact information for all athletes. This information can also be found on participation forms kept on file in the Athletic Director Office.
 6. **EMERGENCY TRANSPORTATION:** If transport is deemed necessary by EMS, the athlete will be taken to North Carolina Memorial Hospital (101 Manning Drive Chapel Hill, NC 27514) unless the parent requests otherwise.
 - c. School administrators and resources officers will ensure there is a clear path for EMS to enter and exit the venue
 7. **SCENE CONTROL:** *School Resource Officer/Designee*
Limit emergency scenes to those providing first aid and move bystanders away from the area.
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Lightning or Thunder Disturbances

The athletic trainer will monitor for threatening weather conditions and notify the athletic director and coaches as severe weather systems are moving into area

- When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for thirty minutes and take shelter immediately.
 - Must stop activity. Athletic trainer will contact athletic director and coaches in order to move student-athletes into a safe shelter
 - Safe shelter options:



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- Inside school building
 - Gymnasium
 - 107F (Sports Med Room)
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- Athletic trainer will continue to monitor severe weather and will give verbal clearance to resume activity 30 minutes after last visible lightning or sound of thunder
 - Restart 30 minute count after each visible lightening or sound of thunder
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