



COUGAR ATHLETICS

OLD COLONY RVTHS

EMERGENCY ACTION PLAN

The emergency action plan (EAP) is a general outline of the protocol that must be followed in the event of an injury to a student-athlete in need of medical care. Everyone should be familiar with this document. Phone numbers, addresses of each venue and access gates and entrances should be known to coaches, athletic trainer and administrators.

EVENTS

The certified athletic trainer will cover the majority of athletic events at Old Colony High School. Activation of the EAP will be initiated by either the athletic trainer, athletic director, or a member of the high school coaching staff. The following services will be available on the sideline for certain events:

1. Certified Athletic Trainer
2. AED and airway masks
3. Splints/slings/crutches/immobilizers
4. Golf cart
5. Cell phone
6. All coaches are certified in First Aid/CPR/AED

Coaches are responsible for having their med kit at all practices/games and checking in with the athletic trainer to restock it throughout the season.

PRACTICES

In the event of an injury, contact the athletic trainer. In the event of an emergency that requires advanced medical personnel, when the athletic trainer is not present, the following procedures should be followed:

- **Call 911**, this will go to the Mass State Police in Dartmouth and will connect to Rochester Fire Dept.
- May call **Rochester Fire** directly at **508-763-2611**
- Police Dept. 508-763-5112
- Call parents to notify of incident
- Call/text/email athletic trainer so he can follow up with the injured athlete, parents and administrators if needed and complete the required injury report and insurance forms.
- Notify Athletic Director- Matt Trahan

Coaches should be familiar with the EAP and have a cell phone available for all practices and away games. Coaches should have the cell phone numbers for the Athletic Trainer and Athletic Director.

When a student-athlete is sent to the hospital via ambulance a staff member should accompany the student unless a parent is available.

Location of AEDs

- Lobby of School building
- Nurses Office
- Main Academic Hallway
- Field house Rear Entrance
- Gym Locker Room
- Athletic Trainer has one on golf cart in fall/spring and brings to all events.

Concussion Policy for Old Colony High School Student Athletes

Concussions affect each person in many different ways. This policy is subject to change as the research on concussions evolves.

Athletes will be IMPACT baseline tested in freshman and junior year. The Impact baseline test is not mandatory but highly recommended and is free of charge for all student athletes.

What are the signs of a concussion?

Individuals who have had a concussion will usually experience some of the following signs and symptoms in the minutes, hours, days and weeks after an injury:

- Headache
- Dizziness
- Confusion
- Ringing in the ears
- Nausea
- Vision disturbance
- Poor balance
- Memory difficulties
- Trouble concentrating
- Feeling “foggy”
- Trouble sleeping
- Oversensitivity to light or noise
- Feeling slowed down
- Fatigue
- Irritability and mood changes

What symptoms warrant immediate medical attention?

1. Any loss of consciousness
2. Severe headache
3. Repeated vomiting
4. Confusion that gets worse
5. Difficulty walking, speaking or using your arms
6. Convulsions
7. Unusual sleepiness

How is it diagnosed?

Suspected concussion injuries, are diagnosed by signs and symptoms, balance, neurocognitive testing and in rare cases by CT scan. If an athlete reports any symptoms or a coach notices any signs of a closed head injury, then that athlete should be immediately removed from practice or competition that day with no return. Suspected closed head injuries should be reported to and evaluated by the DHS Athletic Trainer who is Tim McPhillips, ATC. The Athletic Trainer may also get information from people who were on site when the concussion happened. This is very important, especially if the athlete is confused or does not remember the injury. The Athletic Trainer will perform initial testing of strength, sensation, balance, reflexes and memory. The final decision of participation in athletics will be determined by the Athletic Trainer. If a concussion is suspected the athlete will need to follow up with a physician before any further activity takes place.

If the Athletic Trainer cannot be reached, or injury occurs at an away event, call parents to notify of suspected injury, consult with ATC at visiting school if available and call 911 if signs and symptoms warrant.

If a physician diagnoses a concussion, academic accommodations will be put in place via the guidance dept. and the school nurse who is Margie Malone.

A graduated return to play must be completed before an athlete is fully cleared to return.

The state mandated Return To Participation form must be signed by the physician or Athletic Trainer in conjunction with physician.

Each sport season will require the following for all coaches, AD and Athletic Trainer:

- Keep current in first aid/CPR
- Take the online concussion education test (NFHSC)
- Print out the concussion test certification and turn in to the AD

GUIDELINE FOR LIGHTNING SAFETY

Thunder or lightning necessitates that all outdoor practices and competitions be suspended.

When thunder is heard or when lightning is seen, the following procedures must be executed:

1. Suspend play
2. Direct participants to shelter - a building normally occupied
3. If a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car)

SAFEST POSITION IF CAUGHT IN THE OPEN

- Place feet close together
- Crouch down with arms overhead
- Do not lie flat on the ground

After thunder and/or lightning has left the area, **wait 30 minutes** after the last boom is heard or strike is seen before resuming play or competition.