

# RISING TIDE CHARTER PUBLIC SCHOOL

## 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. The Athletic Director, Coaches, Game Administrators and front office should be familiar with this document. Phone numbers, addresses of each venue and access gates and entrances should be known to coaches, administrators.

### Contact Information

Athletic Director, Kelsey Kincade 617-974-5625

Rising Tide School (until 5pm) 508-747-2620

Lead Nurse, Lisa Hughes

### Venues

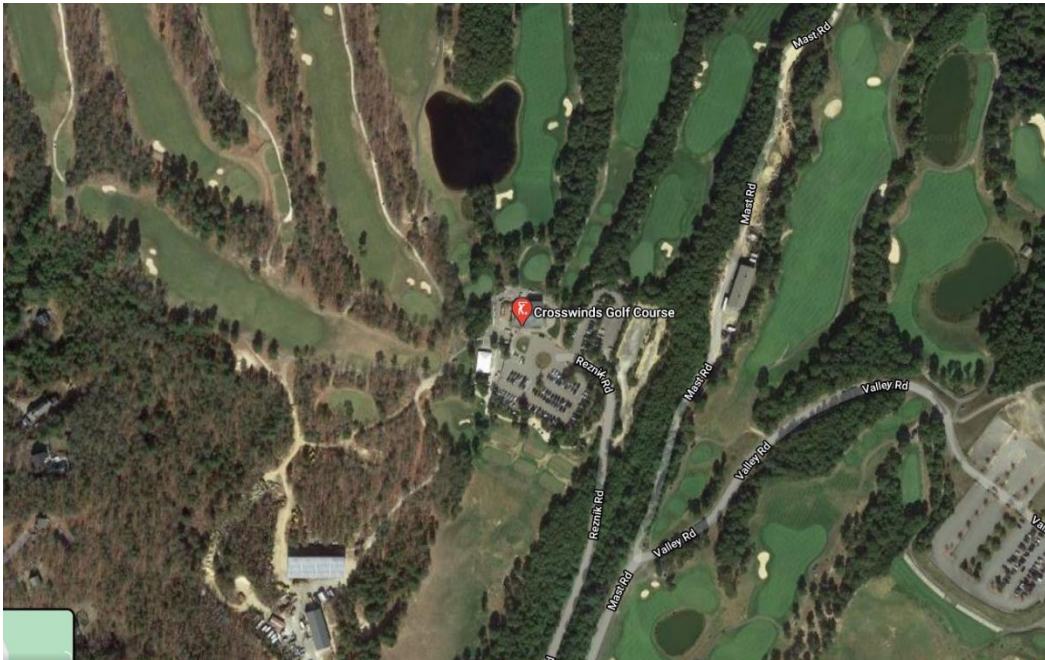
Rising Tide Charter Public School (soccer, cross country), 59 Armstrong Rd.  
Plymouth, MA 02360



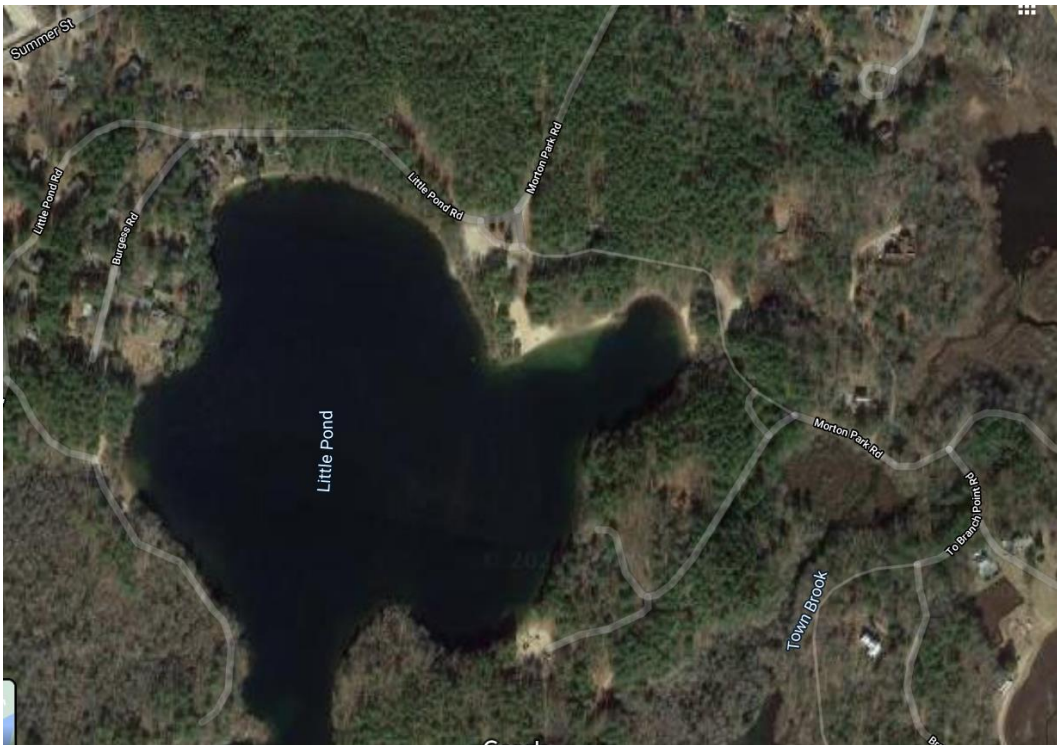
Village Links Golf Course (Golf), 265 S. Meadow Rd. Plymouth, MA 02360



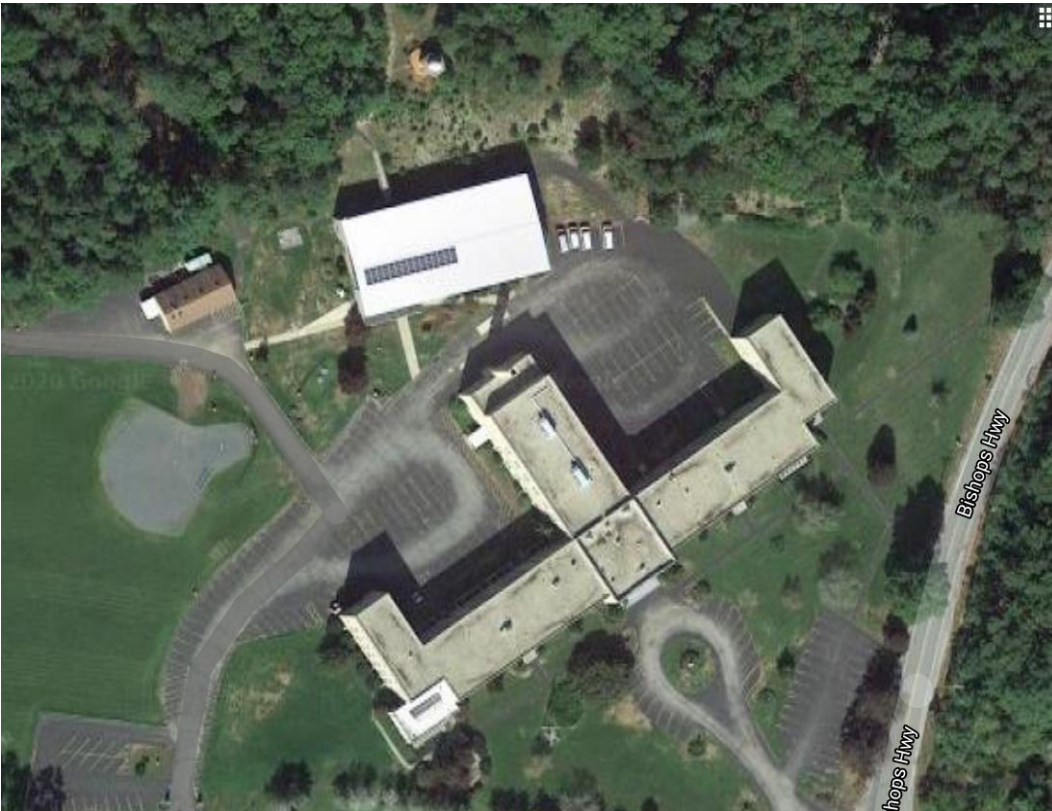
Crosswinds Golf Course (Golf), 424 Long Pond Rd. Plymouth, MA 02360



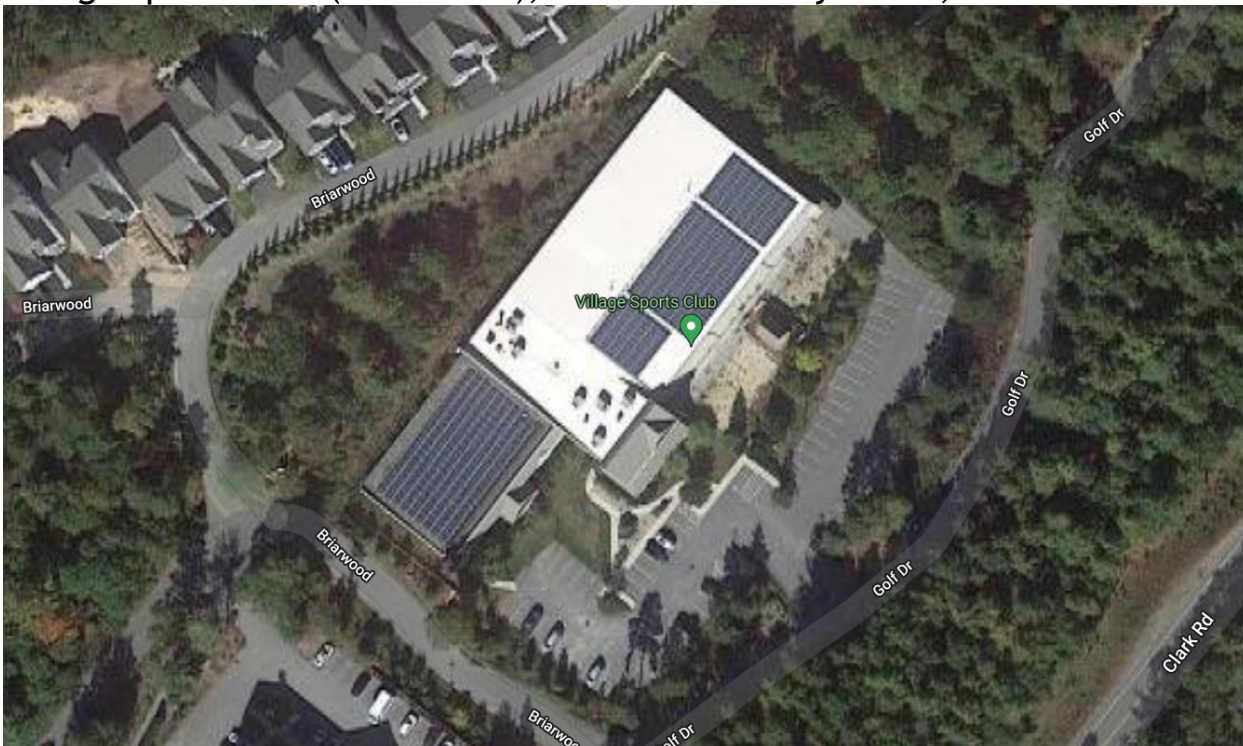
Morton Park (Cross Country), 35 Morton Park Rd. Plymouth, MA 02360



Sacred Heart Gymnasium (Volleyball, Soccer, Basketball, Tennis, Baseball and Softball), 329 Bishops Hwy. Kingston, MA 02364



Village Sports Club (Basketball), 30 Golf Drive Plymouth, MA 02360



Eel River Beach Club (Tennis), 110 Warren Ave Plymouth, MA 02360



## Events

Activation of the EAP will be initiated by either the athletic director, or a member of the high school coaching staff. The following services will be available on the sideline for certain events:

1. AED and medical kit
2. Cell phone
3. 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 director to restock it throughout the season.

## Practices

In the event of a minor injury, coaches may provide basic first aid. Anything beyond that, the coach should contact the athletic director. In the event of an emergency that requires advanced medical personnel, the following procedures should be followed:

- **Call 911**, this will go to the Mass State Police in Framingham and will connect to Plymouth Fire Dept.
- May call **Plymouth Fire** directly at (508) 830-4213
- Police Dept. (508) 830-4218

- Call parents to notify of incident
- Call/text/email athletic director-Kelsey Kincade, so she can follow up with the injured athlete, parents and administrators if needed and
- Coach must complete the required injury report.

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 number for the 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**

- Most Coaches will have an AED for their season to bring to every practice and home game, unless there is one on site at the facility.
- Two at Rising Tide School outside the movement space and outside the nurses suite.
- Sacred Heart Gym, in the office and the main hallway
- Sacred Heart field, in the shed
- Golf Courses, in the club house
- Wolves Den, in the lobby
- Village Sports Club, in the lobby

### **Concussion Policy for Rising Tide Student Athletes**

Rising Tide Charter Public School has designated the Athletic Director to oversee the implementation of policies and protocols governing the prevention and management of sports related traumatic brain injuries. The school nurse will also play a primary role through managing the supports provided when a student is removed from play as a result of a concussion or suspected concussion, or has a history of head injuries prior to their participation in athletics at Rising Tide.

#### **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
8. Stiff neck

### 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 the Athletic Director in detail. This is very important, especially if the athlete is confused or does not remember the injury. If a concussion is suspected the athlete will need to follow up with a physician before any further activity takes place.

If the Athletic Director cannot be reached, or injury occurs at an away event, call parents to notify of suspected injury, consult with Athletic Trainer 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 school nurse.

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:

- Renew first aid/CPR/AED every 2 years
- 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 for at least 30 minutes.

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

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

## **Fields**

1. **Soccer Field** - direct participants to the Rising Tide building
2. **Sacred Heart**- direct participants to the gymnasium
3. **Eel River** - direct to cars
4. **Morton Park** - direct to cars
5. **Golf Courses** - direct to clubhouse or cars

**Do not** permit people to stay in dugout, stand under/near a tree, stand near light poles, stand near fence. Stay away from antennas, towers and underground watering systems.

### **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.