

FIRST COLONIAL CREW CLUB

EMERGENCY ACTION PLAN

The following is the emergency plan that will be used when there is an immediate need for medical assistance in the instance of traumatic injury or illness. The emergency plan assigns specific duties for effective evaluation, transport, and follow-up of the situation.

Serious Injury- a serious injury is one in which the athlete will obviously need emergency care or to be hospitalized and there is little or no time to consult with parents before taking action.

Examples of serious injury: cessation of breathing, unconsciousness, possible serious back or neck injury, severe bleeding, obvious serious fracture

Procedure for Serious Injury:

1. Coach in charge attends immediately to the injured athlete following those techniques taught via American Heart Association First Aid and CPR training. Primary evaluation includes checking for consciousness, breathing, and circulation. Stabilize the athlete and do not have them move until advanced medical personnel arrive
 2. Coach in charge instructs someone (preferably another coach) to immediately perform the following actions:
 - Call 911 and activate the EMS System. If calling from a school phone dial 9-911 or from a cell phone or other community phone dial 911.
 - Relay the following information to the 911 operator:
 - Your name and title
 - The phone number and location of where you are calling from
 - Nature of injury to the athlete
 - Specific location of the injured athlete (Water Site, FCHS)
 - Ask to have ambulance dispatched
 - Tell them where someone will meet the EMS personnel if they are not familiar with the location of the athlete
 3. If there is severe bleeding, control the bleeding by placing direct pressure over the injured site. Use latex gloves and gauze that can be found in the medical kit.
 4. Continue to monitor the athlete's consciousness, breathing, and heart rate. Keep the athlete calm and assure them that help is on the way.
 5. Have the athlete's emergency card (copy of the back of their physical) available to give to the EMS personnel when they arrive on site. They need to have this card to have medical release of the athlete and in order for them to transport the athlete to the hospital. Coaches are responsible for assuring these are readily available.
 6. The Coach will notify the parents of the athlete that they are being transported to an emergency care facility. All injury documentation will be completed by the Coach.
 7. Have a FC Crew Club coach or parent (if on site) travel with the injured athlete to the hospital.
 8. As soon as practical (i.e. athlete is being tended to by medical professionals), the Coach will notify the Board President. After that notification, the Board President will be responsible for notifying the Student Activities Coordinator at First Colonial High School.
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Injuries of Moderate Severity:

Examples: possible fractures, lacerations that may require suturing, orthopedic injuries that need immediate medical assessment and treatment, sickness

Procedure for Injuries of Moderate Severity:

1. Provide first aid care as per the training in American Heart Association First Aid and CPR.
2. The Coach will call the athlete’s parent or guardian and coordinate next action.
3. If no parent or other listed emergency contact can be reached, the Coach will call 911. NOTE: Coach or FC Crew Club parent (if on site) will stay with athlete until parents arrive.

Important Phone Numbers:

Emergency Medical Services 911
 Va. Beach City Police 757.385.5000 (non-emergency number)

First Colonial High School Address and Phone Number:
 1272 Mill Dam Rd Phone: (757) 648-5300
 Virginia Beach, VA

Directions to First Colonial High School:

- From Interstate 264 East: Take Exit 21B for First Colonial Road
Merge onto First Colonial Road. Drive 1.8 miles and turn right on Mill Dam Road
Drive 0.3 miles, school is on the right
- From Interstate 264 West: Take Exit 21 for First Colonial Road
Turn right on First Colonial Road. Drive 1.8 miles and turn right on Mill Dam Road
Drive 0.3 miles, school is on the right

Water Site Address: 932 Horseshoe Court, Virginia Beach, Va 23451

Board President 2017/2018 – Lauren Weinberg. Contact number: (757)434-7079

Copies of the backs of physicals or emergency cards for each athlete should be kept by the coaches and brought to all practices and regattas. The first aid kit is the responsibility of the coaches to make sure that it is brought to practice every day and to all home/away events along with injury ice and water. Ensure all athletes that use an inhaler, EpiPen, glucose for diabetes, or any other life saving devices or medicine, have it in the first aid kit at the start of the season!

In the case of a catastrophic injury, NO information should be given to any party other than EMS. The coach will speak to the parents of the athlete and release appropriate information.

By signing below I acknowledge that I have read and understand the First Colonial Crew Club Emergency Action Plan (FCEAP). In the event that the FCEAP is placed into action I will do my best to adhere to this while also considering the health and safety of my fellow FC Crew Club members.

Signature: _____ Date: _____ Signature: _____ Date: _____

Signing as (circle appropriate): Coach Student Athlete Parent