

Needham High School

Emergency Action Plan



This emergency action plan (EAP) is a general outline of the correct protocol that must be followed in the event of an injury to a student-athlete or an emergency during athletic events. All coaches, athletic trainers, and administrators should be familiar with this document.

Head Athletic Trainer: Mary Spierto M.S. ATC, LAT

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Assistant Athletic Trainer: Stephanie Wilson M.S. ATC, LAT

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Athletic Director: Daniel Lee

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Phone: 781-455-0800 ext. 22143

Assistant Athletic Director: Ricky Andrade

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Phone: 781-455-0800

Emergency Phone Numbers:

Needham Police Dispatch: (781) 455-7570

Needham Fire Dispatch: (781) 444-0142

Nearest Hospital:

Beth Israel Deaconess Hospital- Needham

148 Chestnut Street, Needham, MA 02492

Emergency Room Number: 781-453-5400

Main Number: 781-453-3000

Emergency Protocol:

- An emergency is any injury that requires emergency care or needs to be transported to the hospital or physician within a few hours.
- Call **911**
 - Information to give:

- Name, location, and telephone number of the caller. Be as descriptive and specific as possible
 - Nature of emergency/injury
 - Number of athletes involved in the emergency/injury
 - Condition of athlete(s)
 - Ex. Awake or unconscious
 - First aid treatment initiated by first responder
 - Patient name, age, gender, any known medical history
 - Other information as requested by dispatcher
- *Do not hang up the phone until they do!

SOMEONE MUST FLAG DOWN THE AMBULANCE/EMS

*IF SUSPECTING A **HEAD/ NECK INJURY** KEEP THE ATHLETE AS STABLE AS POSSIBLE AND DO NOT MOVE THEM*

- Next step is to contact the athletic trainer if they were not present in order for them to follow up and complete injury report/ insurance forms
- Notify the Athletic Director, Daniel Lee, if fire or police were called
- **If an athletic trainer is present:**
 - Call them immediately
 - Do not move the athlete
 - STAY CALM

Venues + Location of AEDs:

- The ATC working events will have an AED with them at all times
- Coaches will also be assigned AEDs to have with them at all times
- For sports inside NHS, there are AEDs in white emergency boxes right outside of the A gym and the Nurses office

Needham High School

Memorial Field

DeFazio Fields

Cricket Field

Claxton Field

Pollard Middle School

Babson Skating Rink

Babson College Pool (Webster Center)

Needham Golf Club

Newman Elementary

Cutler Park

Reggie Lewis Track and Athletic Center
High Rock Field
Daly Rink

Non-Emergency Injuries:

- A non-emergency is any injury that does not require emergency care or does not need to be transported to the hospital or physician immediately but can wait till the next day.
- At home events, the team physician or certified athletic trainer on duty has the final say on whether the athlete can continue or not.

Lightning Policy:

- If you see lightning or hear thunder, immediately evacuate the field and seek indoor shelter. If no indoor shelter is available, go to a bus or vehicle with a solid metal top
- 30 minutes must pass from the last seen lightning strike or heard thunder before returning to the field. Any subsequent lightning strike or thunder after the beginning of the 30-minute count will reset the clock and begin a new 30-minute count
- The storm should move 10-12 miles away from the area reducing the risk of a local lightning strike

Chain of Command for inclement weather:

1. The athletic trainer on duty has the final say if the contest will start/continue or not.
2. If an athletic trainer is not available or is not on site the senior most administrator present will have the final say.
3. If no administrator or athletic trainer is present the coach will have the final say.
4. If fire or EMS is on the scene, they can override all others.

MIAA Heat Policy:

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each activity to ensure that the written policy is being followed properly. A WBGT reading should be taken indoors for indoor events without climate control. For climate-controlled indoor events, this measurement is unnecessary. WBGT can change during an event and throughout the day.

WBGT Reading	Activity Guidelines & Rest Break Guidelines
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Below 76°F	Normal activities. Provide at least 3 separate rest breaks each hour for a minimum duration of 3 minutes each during workout.
76.1-81.0°F	Use discretion for intense or prolonged exercise and watch at-risk players carefully. Provide at least 3 separate rest breaks each hour for a minimum duration of 4 minutes each.
81.1-84.0°F	Maximum activity time is 2 hours. For equipment-intensive sports: Players should be restricted to a helmet, shoulder pads, and shorts during activity; all protective equipment must be removed for conditioning activities. For all sports: Provide at least 4 separate rest breaks each hour for a minimum of 4 minutes each.
84.1-86.0°F	Maximum length of activity is 1 hour. No protective equipment may be worn during activity, and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of activity.
Above 86.1°F	No outdoor workouts. Cancel exercise, and delay activity until a cooler wet-bulb globe temperature reading occurs.

*if equipment modifications are necessary, no games should occur.

Guidelines for hydration and rest breaks

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
2. For sports that use helmets, they should be removed during rest time.
3. The site of the rest time should be a “cooling zone” and not in direct sunlight. When WBGT is above 84, ice water and towels should be available in the “cooling zone” to aid the cooling process. Cold-water immersion tubs should be available for the benefit of any player showing signs of heat illness.

MIAA Cold Policy:

Wind-Chill Temperature	Recommended Guidelines
≤0°F	Cancel all planned events, practices, and outdoor workouts and reschedule (or move indoors if the facility allows)
≤10-15°F	All athletes not actively participating (due to injuries, illness, eligibility, etc.) shall remain indoors. Limit outdoor exposure time to no longer than 60 consecutive minutes. After 20 consecutive minutes of outdoor practice, allow for indoor rewarming for at least 15 minutes before returning outside. Re-warming: allow for athletes to raise body temperature by being inside and changing base layer

	of clothing. All practice plans should be mindful of outdoor temperature and be modified to include decreased “down time”. Encourage all athletes to continuously move when on sidelines during games
≤20°F	All participants should be required to wear extra clothing and accessories to cover any exposed skin including, but not limited to, pants, long sleeve shirts, hats, and gloves. Athletic trainers or other medical staff present should make adjustments/recommendations for additional winter clothing or equipment as seen fit. All athletes not actively participating (due to injuries, illness, eligibility, etc.) should remain indoors
≤25°F	Be alert, aware, and attentive to possible signs of cold injury. All participating athletes should take all precautions to continue to cover any exposed skin. Hats, gloves, and extra layers should be worn, at minimum, during warm-ups but encouraged during the entire practice. All athletes not actively participating (due to injuries, illness, eligibility, etc.) should take all precautions on the sidelines by covering any area of exposed skin and continuing to move around rather than stay stationary
>30°F	Good conditions, normal activities