

# Newington Athletics

Emergency Action Plans

2018-2019



**Be Prepared, Be Smart, Be Safe**



# Newington Athletics

---

## Emergency Action Plan

### Table of Contents

Introduction .....	2
Contacts & Important Numbers .....	5
Emergency Action Plans .....	8
Baseball .....	9
Basketball .....	13
Cheerleading (Fall).....	15
Cheerleading (Winter).....	17
Cross Country .....	18
Football.....	20
Field Hockey.....	24
Golf.....	26
Ice Hockey.....	28
Indoor Track.....	29
Lacrosse .....	32
Outdoor Track & Field.....	40
Softball.....	42
Soccer .....	46
Swimming.....	52
Tennis .....	53
Volleyball.....	55
Wrestling.....	57
Pool Safety Plan.....	58
Injury Plan: Concussion/Head Injury .....	59
Injury Plan: Asthma.....	60
Injury Plan: Anaphylactic Shock.....	61
Injury Plan: Heat Illness.....	62
Directions to Hospitals	
St. Francis.....	63
Hartford Hospital.....	64
CT Children’s Medical Center.....	65
UCONN Medical Center.....	66
Hospital of Central CT: NB.....	67
Appendix A: Map of Fields.....	68



# Newington Athletics

---

## Emergency Action Plan

### Introduction

The Newington Athletics Emergency Action Plan provides coaches and athletic personnel with the information they need to react appropriately and efficiently when faced with a serious injury. Understanding that a serious injury can occur at any time, it is imperative that all individuals involved with our athletic programs are well versed in the protocol and procedures of dealing with an emergency. This plan explains the process along with giving specific instructions on how to deal with an emergency situation at all Newington High School Athletic venues.

The health and well-being of the student athletes depends on the expedient action of those in charge. All staff that works with students will be required to familiarize themselves with this plan, taking part in any training herein.

### Components of the Emergency Plan

Every emergency action plan consists of the following three components:

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment

### **Emergency Personnel**

Typically, the first responder to an injury is a certified athletic trainer. In his/her absence, the coach in charge assumes first responder responsibilities. For that reason, all members of the NHS coaching staff will be educated on the emergency action plan, be expected to review the EAP annually and understand what procedures should be followed. Athletic personnel may play a valuable role in providing accurate information and support. First responders will yield to the more qualified responders: police, EMT's, fire fighters, but shall not leave the athlete or scene until instructed to do so.

### **Athletic Personnel Responsibilities**

1. Establish scene safety and immediate care of the athlete
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene



# Newington Athletics

## Emergency Action Plan

### Emergency Communication

In any emergency situation, communication will play a key role in obtaining appropriate care for the athlete in a prompt manner. With the prevalence of cell phones now, knowing the whereabouts of the nearest working land line may not seem important. Coaches will familiarize themselves with the location of a land line, in addition to having knowledge of the whereabouts of a charged, available cell phone at all venues (home and away).

Emergency contact information of all members of the team will be kept with the coach at all times. In the event of an emergency, this information should be reviewed, kept nearby and turned over to emergency medical personnel upon arrival. This form will go to the hospital with the athlete.

### Activating the EMS System

#### Making the Call:

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

#### Providing Information:

- name, address, telephone number of caller
- nature of emergency, whether medical or non-medical
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician
- specific directions as needed to locate emergency
- other information as requested by dispatcher

### Emergency Equipment

Each season the athletic trainer will provide to each team (one per level) a medical kit that includes the supplies needed for basic first aid. Coaches are expected to have this kit with them on site at every practice and game. Kits are to be easily accessible by any member of the coaching staff. It is the responsibility of the coaching staff to ensure the kit stays stocked. When supplies are low, the kit should be left with the athletic trainer to be filled. All efforts should be made to keep students from accessing the supplies in the medical kit so a better inventory can be kept.

In the event the athletic trainer is not present, emergency medical services should be contacted and coaches should rely on the equipment they have on hand.

Coaches have all received training in Basic First Aid and CPR/AED as a condition of employment. Members of the coaching staff should also be aware of the location of the AED's on site. AED's can be found near the gymnasium (across from the bathrooms) and across from the main office. There is also an AED in the Weight Room of the ELP Field House. The athletic trainer has an AED with him/her at all times.



# Newington Athletics

---

## Emergency Action Plan

### Process

All coaches, including volunteer coaches, will review this EAP annually at the pre-season coaches meetings. Thereafter, coaches will review the emergency action plan with their staff and student-athletes, providing practice drills each season. Athletic Department staff is available to oversee practice drills.

Protocol established within this document will be reviewed annually by members of the Athletic Department, the certified athletic trainer, and the Director of School Security. Additionally, any serious injury or critical incident will be discussed thoroughly and all action taken reviewed by committee.

### Conclusion

Understanding emergency situations may arise at anytime during athletic practices and games, a little pre-planning will go a long way in getting you through a stressful situation. The timely response of those in charge could affect the outcome of the emergency. Being effective in communicating and dealing with the situation is a necessary requirement of the position.

Using detailed preparation in order to understand and implement the Emergency Action Plan, we ensure the student athletes, under our supervision, will be provided the best care when an emergency presents itself.

Christopher Meyers  
Director of Athletics  
Newington High School



**Newington Athletics**

---

**Emergency Action Plan**

Contacts & Important Numbers



# Newington Athletics

---

## Emergency Action Plan

### CONTACTS

Christopher Meyers.....	Director of Athletics	860-666-5611 x1621 (office)
		203-668-4583 (cell)
Kylynn Kane, ATC.....	Athletic Trainer	860-666-5611 x1165 (office)
		860-712-0608 (cell)
		860-665-8297 (clinic)
Robert Waskowitz.....	Team Physician	860-224-6709 (office)
DJ Lenihan.....	Assistant AD	860-666-5611 x1620 (office)
		203-241-4746 (cell)
Terra Tigno.....	Principal	860-666-5611 x1190 (office)
Sean Colley.....	Assistant Principal	860-666-5611 x1351 (office)
TBA.....	Assistant Principal	860-666-5611 x1151 (office)
Mario Ficocelli.....	Assistant Principal	860-666-5611 x1251 (office)
Mercy Hetherington.....	Head Nurse	860-666-5611 x1164 (office)
Officer Kaufmann.....	School Resource Officer	860-666-5611 x1195 (office)
Richard Klett.....	Director of Security	860-666-5611 x1193 (office)



# Newington Athletics

---

## Emergency Action Plan

### IMPORTANT NUMBERS

Newington Police & Fire	Emergency	911
Newington Police	Routine Calls	860-666-8445 Walkie – ch.12
Poison Control		1-800-222-1222
Central CT Health	Health Services	860-665-8586
Newington High School	Main Line	860-666-5611
Athletic Training Room	NHS	860-666-5611 x1165
Perlini Field House	Boys	860-667-5867
Perlini Field House	Girls	860-667-5868
Athletic Department Fax	NHS	860-666-8224
John Wallace Middle School	XC Course	860-667-5888
Indian Hills Country Club	Golf Course	860-665-7817
Newington Ice Arena	Ice Arena	860-665-7825
Newington Park and Recreation	Newington	860-665-8666





**Newington Athletics**

---

**Emergency Action Plan**

Emergency Action Plans



# Newington Athletics

## Emergency Action Plan

### Baseball – Alumni Field

#### Emergency Action Plan for serious injury

\*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches and student-athletes to go to **the entrance of field house parking lot (Alumni Field)** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Alumni Field, 302 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Proceed for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Baseball Field go to top of driveway on the right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Proceed for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Baseball Field go to top of driveway on the right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Baseball Field go to top of driveway.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: Field House (Lower Level)**



# Newington Athletics

## Emergency Action Plan

### Baseball – Mill Pond Field

#### Emergency Action Plan for serious injury

\*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the street across from parking lot** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Mill Pond Park Baseball Field, Garfield Street (next to 159 Garfield St.), Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light. Turn right on Willard Ave. Take first left on to Garfield St. Field is on right across from Newington Town Hall.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. . Go straight to the 4<sup>th</sup> traffic light. Turn right on Willard Ave. Take first left on to Garfield St. Field is on right across from Newington Town Hall.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Turn left on to Main Street. Turn right on to Garfield St. Field is on your left across from Newington Town Hall.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: Newington Town Hall or School buses



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Basketball - NHS Gymnasium

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School Gymnasium, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side gym entrance.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

## Emergency Action Plan

### Basketball – Community Center

#### Emergency Action Plan for serious injury

\*A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 9) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 10) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 11) The ATC/Coach will direct assigned coaches & student-athletes to go outside **to the upper level Town Hall parking lot entrance** to direct EMS/Police to location of injured athlete and get an AED.
- 12) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 13) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 14) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 15) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 16) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### **Designate responsible adult or student athlete to call 911**

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Community Center, 131 Cedar Street, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light. Turn right on Willard Ave. Take first left on to Garfield St. Community Center is in Town Hall complex.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light. Turn right on Willard Ave. Take first left on to Garfield St. Community Center in Town Hall complex.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Turn left on to Main Street. Turn right on to Garfield St. Field in Town Hall complex.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Cheerleading (Fall) – Alumni Field

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of field house parking lot (Alumni Field)** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Alumni Field, 302 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Proceed for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Football Field go to top of driveway on the right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Proceed for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Football Field go to top of driveway on the right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Football Field go to top of driveway.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach





# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: Field House (Lower Level)**



# Newington Athletics

---

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Cheerleading (Winter) - NHS Gymnasium

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School Gymnasium, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side gym entrance.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Cross Country – John Wallace Middle School

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of John Wallace Middle School** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **John Wallace Middle School, 71 Halleran Dr., Newington, CT**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light at take a right at Willard Ave. Go two miles and take a right onto Halleran Drive. School is on your left.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4th traffic light at take a right at Willard Ave. Go two miles and take a right onto Halleran Drive. School is on your left.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Willard Ave. Turn left on Willard Ave. Go two miles and take a right onto Halleran Drive. School is on your left.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: John Wallace Middle School, motor vehicles on site, or school buses**



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Football – Alumni/Abbate Fields

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of field house parking lot (Alumni Field)** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Alumni Field, 302 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Proceed for about a 1/2 mile, Alumni Field Complex is on your right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Proceed for about a 1/2 mile, Alumni Field Complex is on your right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. for about a 1/2 mile, Alumni Field Complex is on your right.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: Field House**



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Football – Clem Lemire Turf Field

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of the Clem Lemire Complex on New Britain Ave.** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Clem Lemire Sports Complex, 150 New Britain Ave., Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a right on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: School bus/Press Box facility**





# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Field Hockey – Varsity Field behind Tennis Courts

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side. Field is behind tennis courts and softball fields. Field can be accessed using road to the right of the tennis courts.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side. Field is behind tennis courts and softball fields. Field can be accessed using road to the right of the tennis courts.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side. Field can be accessed using road to the right of the tennis courts.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: High School**



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Golf (Boys & Girls) - Indian Hills Country Club

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the clubhouse** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Indian Hills Country Club, 111 Golf St., Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a right on to Willard Ave. Take right onto Robbins Ave. Take 1<sup>st</sup> right onto Indian Hill Rd. Take 2<sup>nd</sup> right onto Oak St. Take right onto Golf St.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a right on to Willard Ave. Take right onto Robbins Ave. Take 1<sup>st</sup> right onto Indian Hill Rd. Take 2<sup>nd</sup> right onto Oak St. Take right onto Golf St.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Willard Ave. Turn left on to Willard Ave. Take right onto Robbins Ave. Take 1<sup>st</sup> right onto Indian Hill Rd. Take 2<sup>nd</sup> right onto Oak St. Take right onto Golf St.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: Clubhouse



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Ice Hockey – Newington Ice Arena

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of the Ice Rink** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Ice Arena, 300 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Follow Alumni Rd. to 1<sup>st</sup> stop sign and take right onto Memorial Rd. At 1<sup>st</sup> stop sign Ice Arena will be on your left.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Follow Alumni Rd. to 1<sup>st</sup> stop sign and take right onto Memorial Rd. At 1<sup>st</sup> stop sign Ice Arena will be on your left.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. to 1<sup>st</sup> stop sign and take right onto Memorial Rd. At 1<sup>st</sup> stop sign Ice Arena will be on your left.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in **Indoor Track – High School**

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### **Designate responsible adult or student athlete to call 911**

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side gym entrance.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Indoor Track – Field House

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of field house parking lot (Alumni Field)** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Alumni Field, 302 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Proceed for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Football Field go to top of driveway on the right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Proceed for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Football Field go to top of driveway on the right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. for about a 1/2 mile, Alumni Field Complex is on your right. Alumni Football Field go to top of driveway.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: Field House (Lower Level)**





# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Girls Lacrosse – Varsity Field behind Tennis Courts

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side. Field is behind tennis courts and softball fields. Field can be accessed using road to the right of the tennis courts.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side. Field is behind tennis courts and softball fields. Field can be accessed using road to the right of the tennis courts.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side. Field can be accessed using road to the right of the tennis courts.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: High School**



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Lacrosse – Alumni/Abbate Fields

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes go to **the entrance of field house parking lot (Alumni Field)** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Alumni Field, 302 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Proceed for about a 1/2 mile, Alumni Field Complex is on your right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Proceed for about a 1/2 mile, Alumni Field Complex is on your right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. for about a 1/2 mile, Alumni Field Complex is on your right.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 5) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 6) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 7) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 8) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: Field House



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Lacrosse – NHS VA Fields

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by Veterans Drive** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. At 2<sup>nd</sup> light take left onto Veterans Drive. **Specify field number.**
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. At 2<sup>nd</sup> light take left onto Veterans Drive. **Specify field number.**
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. At 2<sup>nd</sup> light take left onto Veterans Drive. **Specify field number.**
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: High School



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Lacrosse – Clem Lemire Turf Field

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of the Clem Lemire Complex on New Britain Ave.** to direct EMS/Police to location of injured athlete & get AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Clem Lemire Sports Complex, 150 New Britain Ave., Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a right on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: School Bus or Press Box facility





# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Outdoor Track & Field – Alumni Sports Complex Track

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of field house parking lot (Alumni Field)** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Alumni Field, 302 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Proceed for about a 1/2 mile, Alumni Field Complex is on your right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Proceed for about a 1/2 mile, Alumni Field Complex is on your right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. for about a 1/2 mile, Alumni Field Complex is on your right.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: Field House



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring on Softball – Fields behind tennis courts

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klyynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side. Field is behind tennis courts. Field can be accessed using road to the right of the tennis courts for JV and the left of the tennis courts for Varsity.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side. Field is behind tennis courts. Field can be accessed using road to the right of the tennis courts for JV and the left of the tennis courts for Varsity.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side. Field can be accessed using road to the right of the tennis courts for JV and the left of the tennis courts for Varsity.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

**Area of Refuge: High School**



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring on Softball – Clem Lemire

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by Clem Lemire Complex on New Britain Ave.** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Clem Lemire Sports Complex, 150 New Britain Ave., Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a right on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with softball field on left.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with softball field on left.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with softball field on left.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: School bus or Press Box facility



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring on Soccer – NHS VA Fields

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes go to **the entrance by Veterans Drive** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. At 2<sup>nd</sup> light take left onto Veterans Drive. **Specify field number.**
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. At 2<sup>nd</sup> light take left onto Veterans Drive. **Specify field number.**
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. At 2<sup>nd</sup> light take left onto Veterans Drive. **Specify field number.**
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: High School





# Newington Athletics

---

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Soccer – Alumni Field

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of field house parking lot (Alumni Field)** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Alumni Field, 302 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Proceed for about a 1/2 mile, Alumni Field Complex is on your right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Proceed for about a 1/2 mile, Alumni Field Complex is on your right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. for about a 1/2 mile, Alumni Field Complex is on your right.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: Field House



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Soccer – Clem Lemire Turf Field

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by Clem Lemire Complex on New Britain Ave.** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Clem Lemire Sports Complex, 150 New Britain Ave., Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a right on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. At 2<sup>nd</sup> light take left onto New Britain Ave. Sports Complex is on right with Turf Field on right.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: School bus/Press Box facility



# Newington Athletics

## Emergency Action Plan

Emergency Action Plan for serious injury occurring in

### Swimming & Diving - NHS Pool

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

**Designate responsible adult or student athlete to call 911**

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School Pool, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side gym entrance.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Tennis - NHS Tennis Courts

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 9) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 10) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 11) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 12) **Contact Klynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 13) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 14) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 15) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 16) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side. Field is behind tennis courts.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### Lightening/Severe Weather

#### Key Weather Terms

- Watch: Threatening weather is likely. Remain alert and be prepared to implement an action plan
- Warning: Severe weather is occurring or has been indicated. Take immediate action

#### Actions

- 1) AD/ATC/Coach should check weather forecast 2 hours before the event for a weather “watch” or “warning”
- 2) Designate an individual to monitor weather activity during contest
  - a. Utilize cell phone weather monitoring program, if applicable
- 3) When Flash to Bang (F-B) is less than 30 seconds all individuals involved with the event should seek shelter in the area of refuge
- 4) Wait 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.

#### Area of Refuge: High School



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Volleyball - NHS Gymnasium

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School Gymnasium, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side gym entrance.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach





# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Wrestling - NHS Gymnasium

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance by the gymnasium** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington High School Gymnasium, 605 Willard Ave, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Go straight to the 4<sup>th</sup> traffic light and take a left on to Willard Ave. Take left into school and follow to south side gym entrance.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/5 traffic lights). Turn right on to Willard Ave. Take left into school and follow to south side gym entrance.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

## Emergency Action Plan

### Emergency Action Plan for serious injury occurring in Wrestling – Field House

A **serious injury** is defined as any condition whereby an athlete's life may be in jeopardy or the athlete risks permanent impairment. These injuries include but are not limited to: serious bleeding, fractures, head injuries, neck injuries, spinal injuries, heat stress and cardiac arrest.

#### Actions:

- 1) The ATC/Coach will activate the emergency system- call 911 (see box below)
- 2) The ATC/Coach will remain with the athlete to administer CPR/First Aid as needed and will keep the athlete motionless (if applicable) until emergency medical personnel arrive.
- 3) The ATC/Coach will direct assigned coaches & student-athletes to go to **the entrance of field house parking lot (Alumni Field)** to direct EMS/Police to location of injured athlete and get an AED.
- 4) **Contact Kylynn (ATC) 860-712-0608 & Chris Meyers (AD) 203-668-4583, if not on site.**
- 5) Coach in charge will present Emergency Medical Form for injured athlete to EMS personnel.
- 6) Coach in charge will initiate contact with parent/guardian (if not present), give them name of hospital athlete will be transported to (access Emergency Medical Card).
- 7) If a parent/guardian is not present, the coach in charge will assign an assistant coach to travel with the athlete to the hospital. If coach is alone, he/she must stay with the remainder of the team.
- 8) After the incident has been resolved, an Accident Report must be completed by the coach in charge/coach who witnessed injury.

#### Activating the EMS System

##### Making the Call:

##### Designate responsible adult or student athlete to call 911

**911-** Give accurate details and location, place spotters to direct EMS, stay on line.

##### Providing Information:

- Name and telephone number of caller
- location- **Newington Alumni Field, 302 Alumni Road, Newington**
- **Give Specific Directions:**
- **\*\*\*From Rt. 9N:** Rt. 9N to exit 29 (Rt. 175). Turn right at the end of the ramp. Go straight through the first traffic light. Before the second traffic light, turn left at the Citgo station on Alumni Rd. Proceed for about a 1/2 mile, Alumni Field Complex is on your right. Go to lower level of the Field House.
- **\*\*\*From I-84 East/I-84 West:** I-84 to exit 39A to Rt. 9S. Follow Rt. 9S to exit 29 (Newington). Turn left at the bottom of the hill to the next traffic light (Fenn Rd). Turn right on Fenn Rd. and follow it to the end. Turn left on Cedar St. Turn left on Alumni Rd. (Citgo Station). Proceed for about a 1/2 mile, Alumni Field Complex is on your right. Go to lower level of the Field House.
- **\*\*\*From I-91 North/I-91 South:** I-91 to Rt. 15 (Berlin Turnpike). Rt. 15 to the Newington exit (Rt. 175W). Rt. 175W to Alumni Rd. (approx. 2 miles/7 traffic lights). Turn right on Alumni Rd. Follow Alumni Rd. for about a 1/2 mile, Alumni Field Complex is on your right. Go to lower level of the Field House.
- nature of emergency
- number of athletes
- condition of athlete(s)
- first aid treatment initiated by ATC/Physician/Coach



# Newington Athletics

---

## Emergency Action Plan

### **Pool Safety Plan:**

In accordance with the State of Connecticut Public Act No. 13-161, the following guidelines will be adhered to by all Newington High School Athletics staff in order to comply with the safety regulations set forth by the Senate and House of Representatives of the State of Connecticut regarding pool safety.

In order for any student to participate in an interscholastic athletic activity that makes use of the Newington High School pool facility the following regulations will be followed:

- a) At no time will any student be allowed in the pool or on the pool deck without a qualified swimming coach, qualified educator, or a qualified lifeguard supervising the pool area.
- b) At no time will a student be allowed in the pool if only one qualified swimming coach, qualified educator, or qualified lifeguard is available.
- c) At all times that students are using the swimming pool there will be a qualified swimming coach who is responsible for implementing the provisions of the school swimming pool safety plan and at least one qualified educator, qualified swimming coach or qualified lifeguard whose primary responsibility is to monitor the school swimming pool for swimmers who may be in distress and provide assistance to such swimmers when necessary.
- d) The head qualified swimming coach and assistant qualified swimming coach will designate supervisory duties. At all times one qualified swimming coach will be designated as the instructor and one as the pool safety supervisor who is solely responsible for monitoring the swimming pool for swimmers who may be in distress and provide assistance to swimmers when necessary.
  - a. Qualified educators and qualified lifeguards will also be utilized solely as pool safety supervisors responsible for monitoring the swimming pool for swimmers who may be in distress and provide assistance to swimmers when necessary.
- e) Coaches will have a medical kit available on the pool deck that has been provided by the Athletic Department.
- f) All coaches will have their Emergency Action Plan guidelines available in their medical kit along with individual Gold Cards for each student athlete participating.

All Emergency Action Plan procedures will be reviewed before the season begins and practiced within the first two weeks of the season with the Athletic Trainer and the Director of Athletics.



# Newington Athletics

---

## Emergency Action Plan

### Injury Action Plan for dealing with Concussions:

#### CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

#### “WHEN IN DOUBT – SIT IT OUT”

\*Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

#### If you suspect that a player has a concussion...

1. Immediately remove the athlete from play and seek evaluation from the covering Certified Athletic Trainer (ATC).
2. If there is NO ATC present, observe the athlete for signs and symptoms of a concussion:

Signs Observed by Coach	Symptoms reported by athlete
<ul style="list-style-type: none"> <li>• Player appears dazed and sometimes with vacant stare</li> <li>• General confusion</li> <li>• Athlete forgets plays</li> <li>• Player seems disoriented</li> <li>• Player seems overly emotional (laughing, crying)</li> <li>• Player demonstrates balance issues and difficulty standing or walking</li> <li>• Loss of Consciousness---<b>CALL 911</b></li> <li>• Changes in normal behavior/personality</li> <li>• Repetitive speech or delayed speech</li> <li>• Vomiting by athlete</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Nausea</li> <li>• Balance Problems or dizziness</li> <li>• Double/blurred vision</li> <li>• Sensitivity to light/noise</li> <li>• Feeling very fatigued</li> <li>• Feeling “foggy”</li> <li>• Concentration/memory problems</li> <li>• Irritability</li> <li>• Sadness</li> <li>• Feeling more emotional</li> </ul>

\*(based on the National Federation of High School Associations’ Sports Medicine Handbook, Third Edition)

3. If any of the signs/symptoms listed above are reported/observed, the athlete is not to return to play. If unsure, keep athlete out until he/she is evaluated by a medical professional.  
**If an athlete loses consciousness...call 911 immediately!!!**
4. Notify the athlete’s parents/guardians of the possible concussion within 24 hours of the incident. Advise the athlete/parents to follow up with the athletic trainer the following day and to seek emergency medical attention should condition worsen.
5. Notify the ATC about the injury and fill out an Accident Report documenting the injury. This will have to be given to the ATC the next day.
6. **NO athlete is to return to play without being cleared by their doctor and then the ATC. A specific return to play protocol is required prior to return to unrestricted play.**



# Newington Athletics

---

## Emergency Action Plan

### Injury Action Plan for dealing with Asthma:

- Coaches should be aware and have a list of all athletes who have a history of asthma and exercise induced asthma.
- All athletes with asthma who require the use of an inhaler should be instructed to carry their inhaler with them at ALL times or keep it in the med kit for the duration of the season.

### Signs and Symptoms of Acute Flare-Ups:

- Wheezing or spastic coughing
- Complaints of chest tightness or discomfort
- Rapid heart rate
- Rapid/shallow breathing
- Tripod positioning (leaning over with hands on knees)
- Blue lips/fingernails: if SEVERE

### In the event of an Acute Flare-up:

1. Immediately remove athlete from play and place athlete in seated position, leaning forward slightly.
2. Keep the athlete calm.
3. Obtain the athlete's inhaler medication and give to athlete to self-administer. **DO NOT HAVE ATHLETE USE ANOTHER ATHLETE'S INHALER.** If the athlete does not have an inhaler with them then go to step 5.
4. Only help the athlete should he/she have difficulty with self-administration.

Proper Use of an Inhaler:	
a.	Remove cap and hold inhaler upright
b.	Shake the inhaler
c.	Instruct athlete to tilt head back slightly and exhale through the mouth
d.	Instruct athlete to put mouth around the opening of the inhaler insuring a seal
e.	Instruct the athlete to push down once on the inhaler while inhaling deeply
f.	Instruct athlete to hold breath for about 10 seconds to get the medication down into the lungs
g.	Dosage may be repeated only as directed by the athlete's physician

\*(based on the National Federation of High School Associations' Sports Medicine Handbook, Third Edition)

5. Encourage the athlete to breathe "in through the nose, out through the mouth".
  - a. Instruct athlete to breathe in through the nose for a count of 2
  - b. Instruct athlete to then breathe out slowly through the mouth for a count of 4 concentrating on using the abdominal muscles to contract while exhaling.
6. Emergency Care is required if the following signs occur:
  - a. Athlete has increased breathing difficulty (hunched over, gasping for air, cessation of breathing)
  - b. Lips or finger nails turn blue or gray
7. Notify the athlete's parents should the athlete's condition not improve with inhaler administration or emergency care is needed. Encourage the athlete to follow up with the athletic trainer upon return to school following incident.
8. Notify the ATC about the incident and fill out an Accident Report documenting the injury. This will have to be given to the ATC the next day.
9. NO athlete is to return to play without being cleared by their doctor (if emergency care required) and then the ATC.



# Newington Athletics

---

## Emergency Action Plan

### **Injury Action Plan for dealing with Anaphylactic Shock:**

- Coaches should be aware and have a list of all athletes who have a history of allergies which require the use of an EPI-PEN.
- All athletes with a severe allergy who require the use of an EPI-PEN should be instructed to carry their EPI-PEN with them at ALL times or keep it in the med kit for the duration of the season.

### **Signs and Symptoms of Anaphylactic Shock:**

- Skin reactions including hives and itching, flushed or pale skin (almost always present with anaphylaxis)
- Constriction of the airways and a swollen tongue or throat, which can cause wheezing and trouble breathing
- A weak and rapid pulse
- Nausea, vomiting or diarrhea
- Dizziness or fainting

\*(taken from “Anaphylaxis” from [www.mayoclinic.com](http://www.mayoclinic.com))

### **If you suspect an athlete is going into anaphylactic shock...**

1. Obtain athlete’s prescribed EPI-PEN and give to athlete for self-administration. **DO NOT ADMINISTER EPI-PEN FOR THE ATHLETE.**
2. Notify the covering ATC of athlete’s status
3. **Call 911**—Inform the dispatcher that you have an athlete going into anaphylactic shock.
4. Notify the athlete’s parents of the incident. Follow the Emergency Action Plan specific to the activity location.
5. Notify the ATC about the incident and fill out an Accident Report documenting the injury. This will have to be given to the ATC the next day.
6. NO athlete is to return to play without being cleared by their doctor and then the ATC.



# Newington Athletics

---

## Emergency Action Plan

### Injury Action Plan for dealing with Heat Illness:

- Prevention of heat illness begins with aerobic conditioning, which provides partial acclimatization to the heat. Student athletes should be exposed to hot and/or humid environment conditions **gradually over a week** to achieve acclimatization.
- In extreme temperatures and conditions all attempts should be made to practice at cooler times of the day.
- Hydration should be maintained during training with multiple breaks an hour placed into the schedule.

### Signs and Symptoms of Heat Illness:

#### Heat Exhaustion

- Profound weakness
- Exhaustion
- Dizziness/fainting
- Muscle cramping
- Treatment
  - Rest in cool, shaded environment
  - Fluids
  - Student athletes should not be allowed to practice or compete for the remainder of that day

#### Heatstroke

- Very high body temperature
- Hot, dry skin, which indicates failure of the body to cool itself (sweating).
- Possible seizure or coma
- Treatment
  - **Call 911** – Follow Emergency Action Plan for specific location
  - Immediate cooling of body by removal of excess clothing
  - Immersion in cold water
  - Wetting the body and fanning vigorously

#### Protocol

1. Notify the athlete's parents of the incident.
2. Notify the ATC about the incident and fill out an Accident Report documenting the injury. This will have to be given to the ATC the next day.
3. NO athlete is to return to play without being cleared by their doctor and then the ATC.



# Newington Athletics

---

## Emergency Action Plan

### Directions to Hospitals

#### **St. Francis Hospital**

114 Woodland Street  
Hartford, CT

#### **From Interstate 91 Northbound and Southbound**

Take Exit 32A to Interstate 84 Westbound. From Interstate 84 Westbound, take Exit 48, Asylum Street. From exit ramp, take right onto Garden Street. At second traffic light, take left onto Collins Street for six blocks. At light, take left onto Woodland Street to hospital entrance on left.

#### **From Interstate 84 Westbound**

Take Exit 48, Asylum Street. From exit ramp, take right onto Garden Street. At second traffic light, take left onto Collins Street for six blocks. At light, take left onto Woodland Street to hospital entrance on left.

#### **From Interstate 84 Eastbound**

Take Exit 46, Sisson Avenue (a left exit). From exit ramp, take right onto Sisson Avenue for four blocks. Take right onto Farmington Avenue for four blocks. Take left onto Woodland Street for three blocks to hospital entrance on right.

All routes are clearly marked with blue and white trailblazer signs displaying an "H", the universal symbol for hospital.

Parking is available in the garage. Valet service is provided at no extra cost.

Transport is available from the 2nd floor garage entrance or 1000 Asylum entrance for your convenience.





# Newington Athletics

---

## Emergency Action Plan

### **Hartford Hospital**

80 Seymour Street  
Hartford, CT

**FROM WEST (traveling east)** Take I-84 East to Hartford. Take the Capitol Avenue Exit 48-B (a right hand exit). At the end of the ramp between the State Capitol Building and the Legislative Office Building, turn left onto Capitol Avenue and turn right onto Washington St. (at the equestrian statue of Gen. Lafayette). Continue south to the fifth traffic light (Connecticut Children’s Medical Center and public garage on left). Turn into the drive at that light. The entrance to the public garage is on the left.

### **FROM NORTH (traveling south)**

Take I-91 South to Hartford. Take the Capitol Area Exit 29A (a right hand exit). Keeping in the right lane, take the first exit (Columbus Boulevard/Convention Center) and turn left crossing the Columbus Boulevard Bridge. Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllis St.). At the fifth traffic light, continue straight, crossing Main St. onto Jefferson Street. At the second traffic light on Jefferson St., turn left onto Seymour St. At the front of Hartford Hospital, turn right; the entrance to the public garage is on the right immediately past the Medical Office Building and across from Connecticut Children’s Medical Center.

**FROM EAST (traveling west)** Take I-84 West to Hartford. Take the “Downtown Hartford” Exit 54 (a left hand exit) over the Founders Bridge and guide your vehicle to the far left lane. At the bottom of the bridge, turn left onto Columbus Boulevard, travel past the Convention Center and across the Columbus Boulevard Bridge. Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllis St.). At the fifth traffic light, continue straight, crossing Main St. onto Jefferson Street. At the second traffic light on Jefferson St., turn left onto Seymour St. At the front of Hartford Hospital, turn right; the entrance to the public garage is on the right immediately past the Medical Office Building and across from Connecticut Children’s Medical Center.

**FROM SOUTH (traveling north)** Take I-91 North to Hartford, follow “Capitol Area” signs to exit 29A (a left-hand exit). Move immediately to the right lane and take the first exit (Columbus Boulevard/Convention Center) and turn left crossing the Columbus Boulevard Bridge. Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllis St.). At the fifth traffic light, continue straight, crossing Main St. onto Jefferson Street. At the second traffic light on Jefferson St., turn left onto Seymour St. At the front of Hartford Hospital, turn right; the entrance to the public garage is on the right immediately past the Medical Office Building and across from Connecticut Children’s Medical Center.

**FROM SOUTH-EAST (ROUTE 2)** Take the “Downtown Hartford” exit onto the Founders Bridge. At the bottom of the bridge, turn left onto Columbus Boulevard, travel past the Convention Center and across the Columbus Boulevard Bridge. Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllis St.). At the fifth traffic light, continue straight, crossing Main St. onto Jefferson Street. At the second traffic light on Jefferson St., turn left onto Seymour St. At the front of Hartford Hospital, turn right; the entrance to the public garage is on the right immediately past the Medical Office Building and across from Connecticut Children’s Medical Center.



# Newington Athletics

---

## Emergency Action Plan

### **Connecticut Children's Medical Center**

282 Washington Street  
Hartford, CT

**From North or South of Hartford** Take I-91S or I-91N to Exit 29A, "Capitol Area." Proceed under three overpasses to rotary. Follow rotary three-quarters around and take right onto Hudson Street. Take Hudson Street to the end. Turn right onto Jefferson Street. At the traffic light turn left onto Seymour Street. You will be on the property for **Connecticut Children's Medical Center** and Hartford Hospital. At the stop sign turn right. The Children's Medical Center will be on your left, "Public Parking" will be on your right.

**From Route 2** Take Route 2 West to Exit 5D, "Route 3/Putnam Bridge Exit." Get on 91 North and follow directions above.

**From East of Hartford** Take I-84W and follow signs to Exit 54, "Downtown Hartford." Cross Founders Bridge then take first left onto Columbus Boulevard. Proceed through three lights and over a small bridge. After the bridge, turn right at second light, Charter Oak Avenue. Proceed through three lights and cross Main Street. After Main Street, proceed through one light and turn left at end onto Washington Street. Proceed through third light (at Jefferson Street), then take first left into hospital entrance. **Connecticut Children's Medical Center** is on your right as you enter the garage marked "Public Parking" on your left.

**From West of Hartford** Take I-84E to Exit 48B, "Capitol Ave." Follow road as it curves right and under one overpass. Take left at light onto Capitol Avenue and proceed through next traffic light. Turn right at second light (at horse and rider statue), then bear left immediately at fork onto Washington Street. At the fifth light, take a left into hospital entrance. **Connecticut Children's Medical Center** is on your right as you enter the garage marked "Public Parking" on your left



# Newington Athletics

---

## Emergency Action Plan

### **UConn Medical Center**

263 Farmington Ave,  
Farmington, CT

**From Farmington Center** Stay on Route 4 East/Farmington Avenue. As you drive up the hill toward I-84, stay in the right lane and follow the signs as Route 4 East/Farmington Avenue loops to the right and crosses the I-84 access road. At the fourth traffic light, turn right to enter the Health Center campus.

**From West Hartford Center** Stay on Farmington Avenue/Route 4 West. The Health Center is about 3.3 miles on the left.

**From Route 44 Canton/Avon** Proceed on Route 44 eastbound through Avon. Turn right onto Route 10 South/Waterville Road. Turn left onto Talcott Notch Road and continue to Farmington Avenue/Route 4 West. Turn right; the Health Center is a 1/4 mile on the left.

**From I-84** Take Exit 39 (if coming from I-84 West, Exit 39 is after 39A). Turn right at the first traffic light onto Route 4 East (Farmington Avenue). At the third traffic light, turn right to enter the Health Center campus.

**From Northbound Route 9** Take Exit 32 (left exit) onto I-84 West and stay in the right lane. Take Exit 39 (first exit). Turn right at the first traffic light onto Route 4 East (Farmington Avenue). At the third traffic light, turn right to enter the Health Center campus.

**To Return to Route 9** From the Farmington Avenue entrance on the Lower Campus, take a left onto Route 4 West/Farmington Avenue. At the second light, take a left onto South Road. At the first stop sign, turn right and follow the signs to Route 9 South (you will enter I-84 East briefly prior to exiting onto Route 9 South).

**To Return to I-84 East or West** From the Farmington Avenue entrance on the Lower Campus, take a left onto Route 4 West/Farmington Avenue. At the third light, take a left towards the highway entrance ramps and follow the signs staying right for I-84 West or staying left for I-84 East.

2 2



# Newington Athletics

---

## Emergency Action Plan

### **Hospital of Central Connecticut: New Britain Campus**

100 Grand Street  
New Britain, CT

**From Route 9** Exit 28 to Route 72 West. Take Corbin Ave. exit (Exit 7) and turn left. Follow the blue hospital signs (left onto Hart St., straight, then left onto Linwood St.) Up the hill, take second right onto Grand St., garage entrance on right.

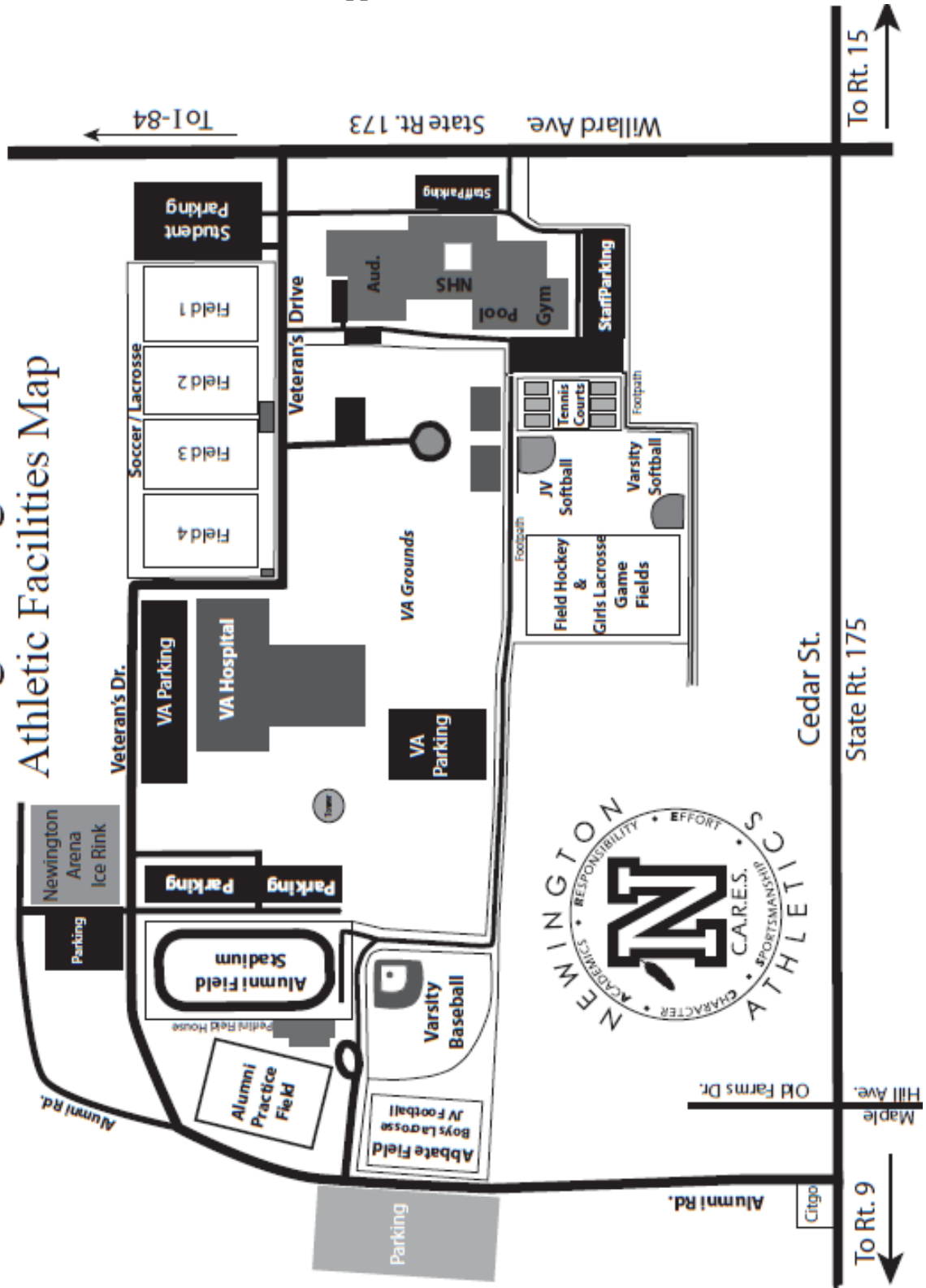
**From I-84** Exit 35 to Route 72 east. Take Corbin Ave. exit (Exit 7) and turn right. Follow the blue hospital signs (left onto Hart St., straight, then left onto Linwood



# Newington Athletics Emergency Action Plan

## Appendix A

### Newington High School Athletic Facilities Map





**Newington Athletics**

---

**Emergency Action Plan**

Last Revised 7/16