



MISHAWAKA HIGH SCHOOL ATHLETICS

EMERGENCY ACTION PLAN

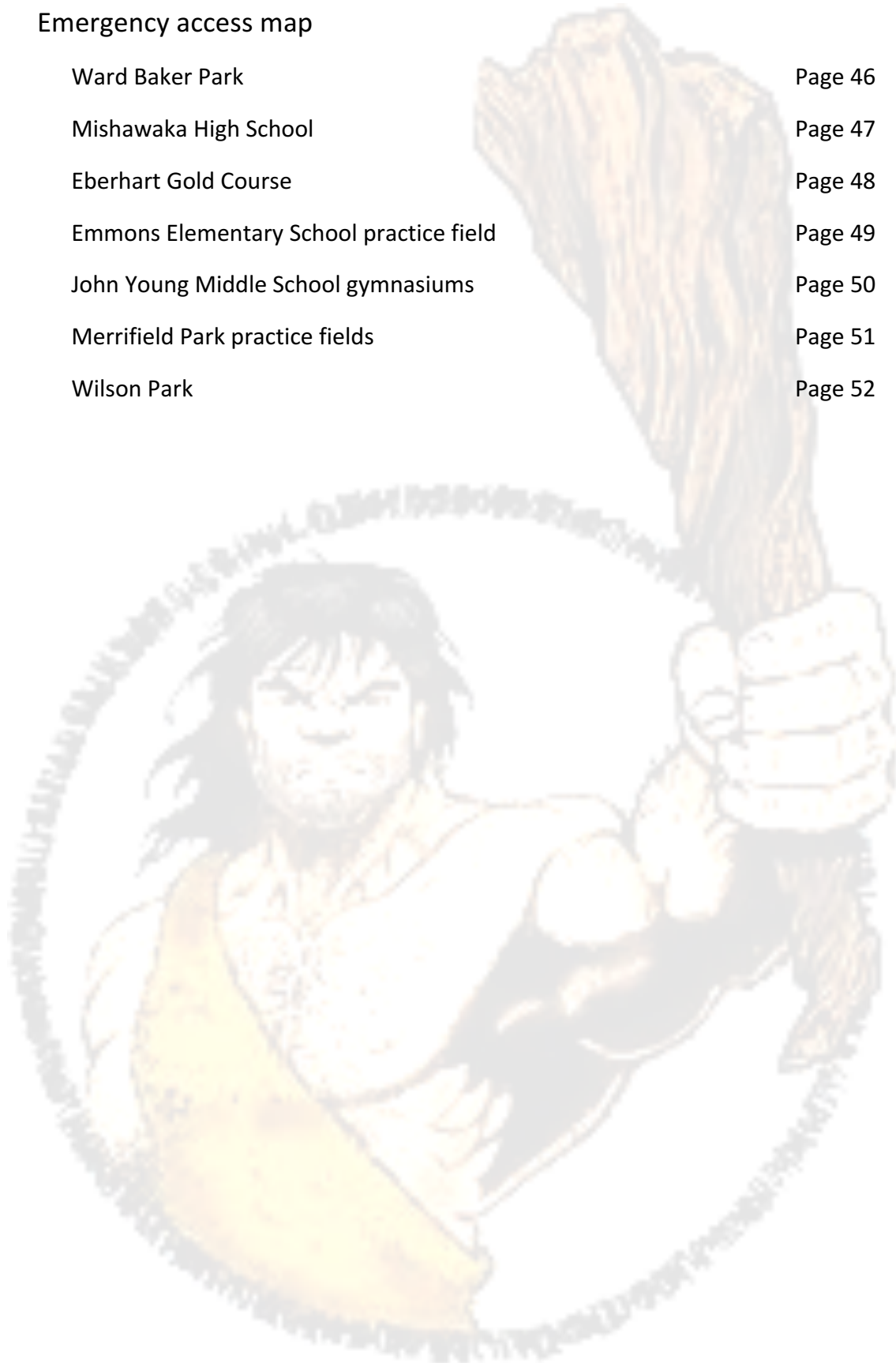
Revised: September 8, 2016

Table of Contents

I.	Introduction	Page 3
II.	Emergency/ Medical personnel contact list	Page 4
III.	Environment/ Weather Considerations	Page 5
	Appendix A- Lightning Guidelines	Page 6
	Appendix B- Tornado Guidelines	Page 9
	Appendix C- Cold Stress and Cold Exposure Guidelines	Page 10
	Appendix D- Heat Illness Guidelines	Page 11
IV.	Emergency Procedures Per Venue	
	Ward Baker Park (Baseball/Softball) emergency procedures	Page 14
	Ward Baker Park (Soccer) emergency procedures	Page 16
	Ward Baker Park (Tennis) emergency procedures	Page 18
	East gym (The Cave) emergency procedures	Page 20
	Eberhart Golf Course emergency procedures	Page 22
	Emmons School field emergency procedures	Page 24
	John Young Middle School gyms emergency procedures	Page 26
	Merrifield Park emergency procedures	Page 28
	Natatorium emergency procedures	Page 30
	Steele Stadium football practice emergency procedures	Page 32
	Steele Stadium football game emergency procedures	Page 34
	Steele Stadium track emergency procedures	Page 36
	West Gym emergency procedures	Page 38
	West Gym track/ weight/ cardio room emergency procedures	Page 40
	Wilson Park emergency procedures	Page 42
	Wrestling room emergency procedures	Page 44

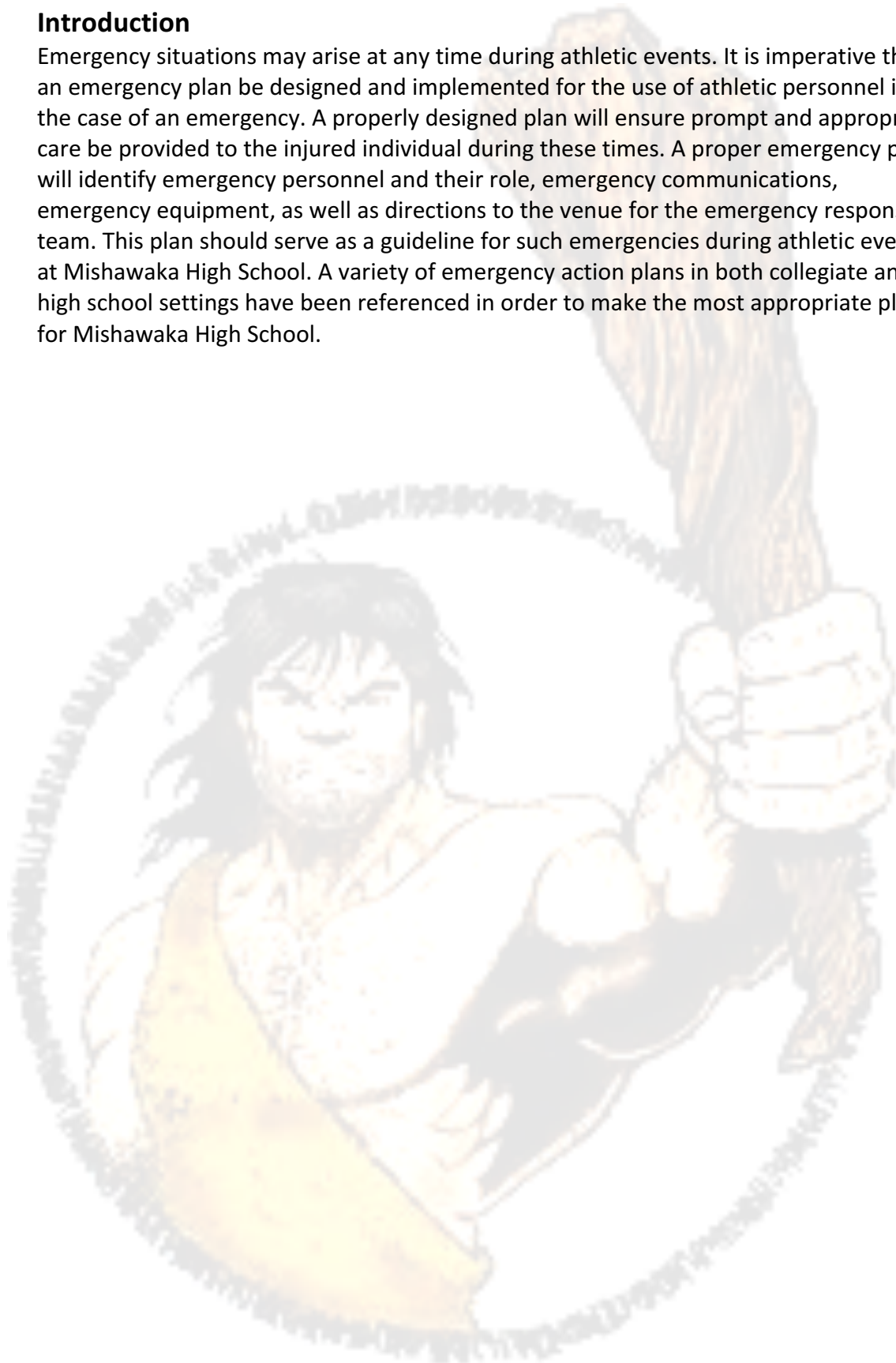
V. Emergency access map

Ward Baker Park	Page 46
Mishawaka High School	Page 47
Eberhart Gold Course	Page 48
Emmons Elementary School practice field	Page 49
John Young Middle School gymnasiums	Page 50
Merrifield Park practice fields	Page 51
Wilson Park	Page 52



I. Introduction

Emergency situations may arise at any time during athletic events. It is imperative that an emergency plan be designed and implemented for the use of athletic personnel in the case of an emergency. A properly designed plan will ensure prompt and appropriate care be provided to the injured individual during these times. A proper emergency plan will identify emergency personnel and their role, emergency communications, emergency equipment, as well as directions to the venue for the emergency response team. This plan should serve as a guideline for such emergencies during athletic events at Mishawaka High School. A variety of emergency action plans in both collegiate and high school settings have been referenced in order to make the most appropriate plan for Mishawaka High School.



II. Emergency/Medical Personnel Contact List

The following list of contact information is to be used to facilitate the care of the student/athlete. If there is an injury please contact the athletic trainer then inform an athletic director of the incident.

EMS

DIAL 9- 911 from a campus telephone; DIAL 911 from a cell phone.

Team Physician

Dr. Steve Simons & Dr. Chris Jordan
611 E Douglas Road Door 3
Mishawaka, IN 46545
Office Number: (574)335-6214

Hospital

St. Joseph Regional Medical Center
5215 Holy Cross Parkway
Mishawaka, IN 46545

Mishawaka HS Administration

Athletic Director:
Jim Aldrich
Office: (574)254-7332
Cell: (574)532-8894

Assistant Athletic Director:
Sherry Keyser
Office: (574)254-7320
Cell: (574)220-3263

Athletic Training Services

Matthew Harmon MA, ATC, LAT
Office: (574)254-7417
Cell: (256)689-2840



III. Environment/ Weather Considerations

Weather can cause severe injury or even death if not monitored closely. Such weather conditions can include lightning, thunderstorms, tornadoes, cold and heat exposure.

The decision to terminate a practice or competition involving an IHSAA sponsored sport due to severe weather conditions will be made by the athletic director and/or athletic trainer on site. A collaboration between the following people is also acceptable; athletic director, athletic trainer, team physician, head coach, and event official.



Appendix A

Lightning Safety Guidelines

Lightning kills approximately 100 people per year and injures hundreds more. Fifty-two percent of those casualties were people involved in outdoor recreation. Lightning can strike from up to 10 miles away. It is liable to strike any conductive object higher than the surrounding area, such as light poles or fencing. If you are outdoors it is recommended to avoid things such as water, metal, open fields, hilltops, or underneath isolated trees. If you are indoors avoid open windows, and electrical equipment, including communication headsets. The following plan has been adapted from the **NATA Position Statement: Lightning Safety for Athletics and Recreation**. This plan includes the chain of command, designated weather watcher, means of monitoring local weather, specific safe locations for each site, criteria for suspension and resumption of activity and use of recommended lightning safety strategies.

Chain of Command:

1. If present, the **Athletic Director, Assistant Athletic Director, or Athletic Trainer** is the ultimate authority and has the duty of suspension of the practice or game if the weather conditions become unsafe.
2. If none of the above is present, the **Head Coach** of the team (or their designee) has the authority and duty of suspension of the practice or game if the weather conditions become unsafe.
3. If the game is already underway and the officials of the game are responsible for suspension of the game, it is the responsibility of the school officials listed above to inform the officials of the weather conditions and request suspension of the game. If the **school officials** feel that the weather conditions are unsafe; the field should be evacuated to a safe location immediately.

Designated Weather Watcher:

1. The designated weather watcher is the athletic trainer if present at the practices or games.
2. If the athletic trainer is not available, the athletic director or assistant athletic director shall be the designated weather watcher.
3. If none of the above is present, the head coach or his designated assistant coach shall be the weather watcher. It is the ultimate responsibility of the head coach to be aware of unsafe weather conditions.

Means of monitoring the weather:

1. Before practices and games, athletic trainer, coaches and head/assistant athletic director should monitor the weather by looking at weather reports and forecasts on television and the internet. WNDU will be monitored for weather forecasts as well as the internet, www.weather.com, the National Weather Station.

2. During the practices or games, the weather should be monitored by the use of the SkyScan Lightning meter or the Weather Bug App on cell phone if there is the possibility of lightning or storms in the area.
3. The athletic director, athletic trainer, coaches, spectators and student athletes should be diligent in watching for signs of inclement weather especially if there is a forecast for such weather. If anyone sees signs of possible inclement weather, such sightings must be reported to the chain of command for decisions about suspension of outdoor activities.
4. All individuals (coaches, student athletes, or spectators) should have the right to leave an athletic site or activity, with out fear of repercussion or penalty, in order to seek a safe structure or location if they feel that are in danger from impending lightning activity.

Specific Safe sites for each Location:

1. The primary choice for a safe location from the lightning hazard is in any substantial structure that is frequently inhabited. These buildings should have electrical wiring, telephone wiring and plumbing pathways because these fixtures aids in grounding the building. Breezeways, overhangs of concession stand, dugouts and covered entrances are not safe structures. It is important that everyone is away from doorways and windows and not in contact with plumbing or wiring during thunderstorms.
2. The secondary choice for a safe location from the lightning hazard is an enclosed vehicle. Cars and convertibles do not provide protection from lightning. Individuals must not be in contact with the metal framework of the vehicle.
3. During home events and practices for Mishawaka High School athletics, the following areas should be considered primary evacuation sites:
 - A. **Steele Stadium:** Locker rooms; high school building
 - B. **Baker Park Soccer:** Press box; concession building; restrooms
 - C. **Baker Park Baseball/ Softball:** Press box; restrooms; concession building;
 - D. **Merrifield Park:** Pool locker room area, restrooms near river, Castle Manor
 - E. **Wilson Park:** Restroom building at northeast corner of park
 - F. **Emmons Field:** Locker rooms at northeast corner of Emmons Elementary school
 - G. **Eberhart Golf Course:** Clubhouse

Coaches should have appropriate access to these safety sites. Spectators should be directed to their vehicles or should be evacuated into safe areas under the supervision of the administrator in charge of the event.
4. During away events, student athletes and coaches should evacuate to the closest safe structure as directed by the host team. If no safe structure is available, the student athletes and coaches shall evacuate to the team bus.

Criteria for Suspension and Resumption of Activity:

1. The decision to suspend or delay a game will be made based on:
 - A. Two subsequent readings in the 8-20 mile (or less) range using the SkyScan portable lightning detector.
 - B. The Flash to Bang method: This theory focuses on the time between seeing the flash of lightning to hearing the thunder. This method is performed by counting the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide that number by 5 and this is how many miles away the lightning is located. If the lightning is 6 miles or less away, activity should be suspended and everyone should take cover.
2. Teams should seek a safe structure or location at the first sign of lightning or thunder activity. Postponement or suspension of an activity or contest (regardless of whether lightning is seen or thunder is heard) should occur if signs of imminent thunderstorm activity are observed. These signs include darkening clouds, high winds, and thunder or lightning activity.
3. Once activities are suspended, the activity can not resume until 30 minutes after the last sound of thunder or lightning flash. (IHSAA Policy)
4. A message over the public address system to the spectators about evacuation to safer locations such as cars and or school should be made.

Use of the recommended lightning safety strategies:

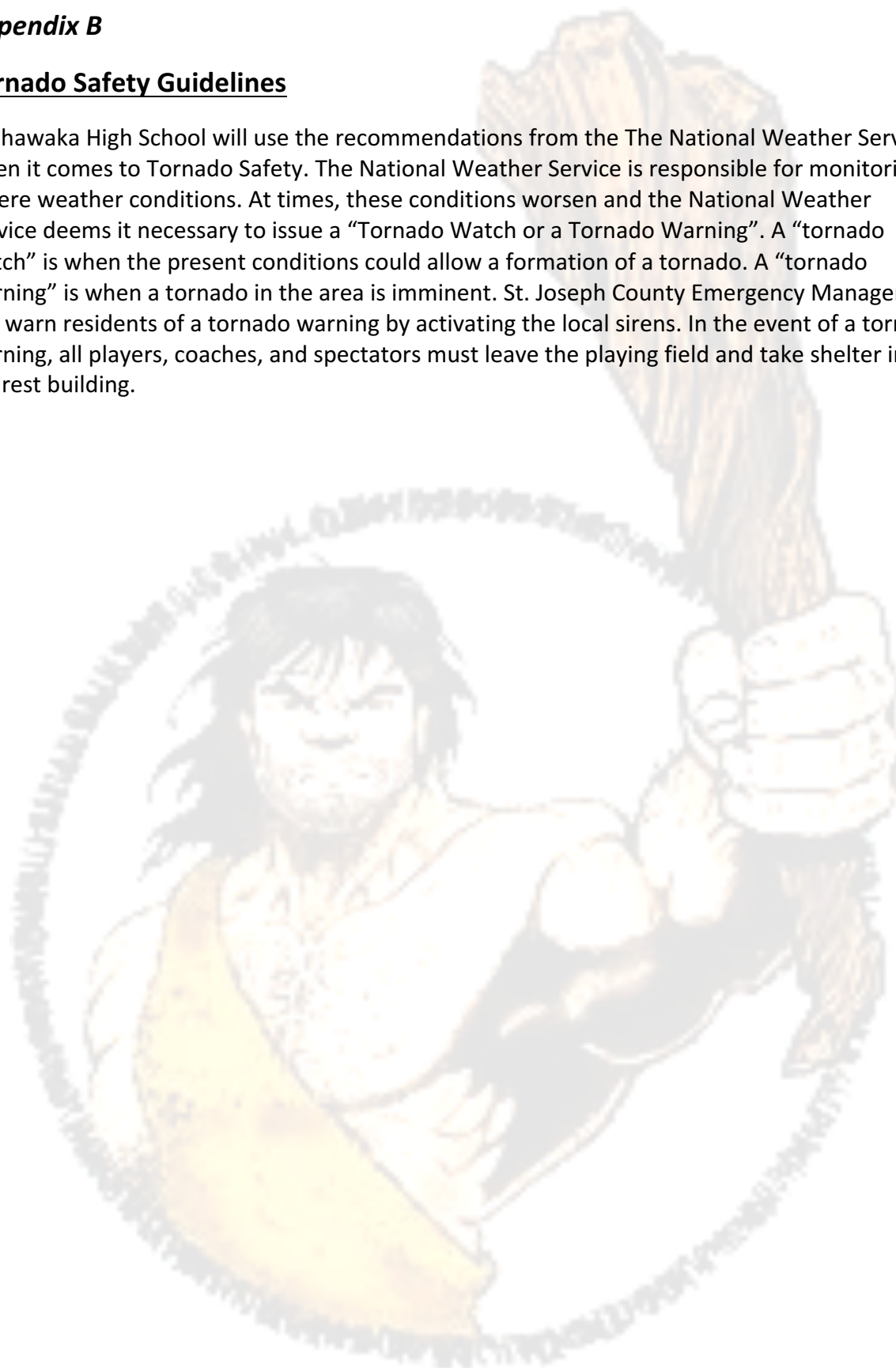
Coaches and athletic trainers should educate the student athletes and spectators of the lightning safety policy and strategies. The dangers of lightning should be explained and the plan of action should be understood by all coaches and student athletes. Each student athlete must know the nearest evacuation point and the importance of checking in with the appropriate coach. Additional safety measures that coaches and student athletes must understand are:

1. Avoid being in contact with or near the highest point of an open field or on the open water. Do not take shelter under or near trees, flag poles or light poles. Do take shelter in a structure that has electricity plumbing and/or phone lines because this structure will be a grounded structure.
2. Avoid taking showers or using plumbing facilities and land line telephones during a thunderstorm. Cordless or cell phones are safer to use when emergency help is needed.
3. Individuals who feel their hair stand on end or skin tingle or hear crackling noises should assume the lightning safety position (i.e., crouched on the ground, weight on the balls of the feet, feet together, head lowered and ears covered). **Do not lie flat on the ground.**
4. If someone is struck by lightning, follow normal first aid procedures. However, survey the conditions because an ongoing thunderstorm can pose a threat to the emergency personnel. If possible, evacuate the injured person to a safe location.

Appendix B

Tornado Safety Guidelines

Mishawaka High School will use the recommendations from the The National Weather Service when it comes to Tornado Safety. The National Weather Service is responsible for monitoring severe weather conditions. At times, these conditions worsen and the National Weather Service deems it necessary to issue a “Tornado Watch or a Tornado Warning”. A “tornado watch” is when the present conditions could allow a formation of a tornado. A “tornado warning” is when a tornado in the area is imminent. St. Joseph County Emergency Management will warn residents of a tornado warning by activating the local sirens. In the event of a tornado warning, all players, coaches, and spectators must leave the playing field and take shelter in the nearest building.



Appendix C

Cold Stress and Cold Exposure Guidelines

According to the National Athletic Trainer's Association (NATA) position statement: Environmental Cold Injuries (2008), cold injuries depend on the combination of two factors: low air or water temperatures (or both) and the influence of wind on the body's ability to maintain a normothermic core temperature, due to localized exposure of the extremities to cold air or surfaces. In athletics, these injuries include hypothermia, frostbite/frostnip, and Chilblain (Pernio). Some of the non-environmental factors that can aid in the development of cold injuries include but are not limited to; low caloric intake, dehydration, fatigue, race, clothing attire, age, body composition, aerobic fitness level, ambient temperature, nicotine, alcohol, drug and medication usage. Planning activities and workouts depends on wind chill temperatures, not ambient temperatures.

The NATA has recommended the following guidelines for cold weather activities:

- 30 degrees Fahrenheit and below- be aware of potential cold injury and notify personnel of the potential.
- 25 degrees Fahrenheit and below- use additional protective clothing, cover as much exposed skin as practical and provide opportunities and facilities for re-warming.
- 15 degrees Fahrenheit and below- consider modifying activities to limit exposure or to allow for more frequent chances to re-warm.
- 0 degrees Fahrenheit and below- consider terminating or rescheduling activity.

Important cold weather conditions:

- Wind chill- The threshold for potentially dangerous wind chill conditions is about minus (-) 20 degrees Fahrenheit.
- Wind Chill Advisory- Temperature could be life threatening.
- Wind Chill Warning- Temperatures are life threatening.
- Blizzard Warning- Winds of 35 miles per hour or higher with considerable snow blowing and visibility of less than one quarter (1/4) of a mile.

Appendix D

Heat Illness Guidelines

Heatstroke- This illness is a serious, life threatening condition that needs immediate attention. A heatstroke victim experiences a breakdown of the thermoregulatory mechanism caused by excessively high body temperature; the body loses the ability to dissipate heat through sweating. The duration and degree of hyperthermia may determine adverse outcomes. If untreated, hyperthermia- induced physiologic changes resulting in fatal consequences may occur within vital organ systems (e.g., muscle, heart, brain, etc.).

Signs and symptoms in determination of heatstroke:

- Internal body temperature of >105 degrees Fahrenheit, headache, vertigo, fatigue, hot and wet or dry skin, rapid pulse rate, increased respiration, diarrhea, vomiting, etc.

Emergency Treatment:

- Once it has been determined the person is suffering from heatstroke, EMS should be immediately contacted by **dialing 911 by cell phone or 9-911 by campus phone**
- Immediate whole body cooling is a key to optimizing treatment of exertional heat stroke.
- It is suggested to cool the body first and transport second if ability to cool is available.

Immediate treatment/ cooling techniques:

1. Removal of clothing and equipment.
2. Place athlete in air conditioned facility or shaded area.
3. Cool athlete by:
 - a. Immersing athlete in cold tub of water
 - b. Placing bags of ice over as much of the body as possible, cover body with cold towels, fan body or spray with cold water.
4. Monitor core temperature (rectal temperature), and cognitive awareness, convulsions, orientation, consciousness, etc.
5. End aggressive cooling when core temperature reaches approximately 101 degrees Fahrenheit.
6. Transport to hospital.

Heat Exhaustion-

This illness results from inadequate replacement of fluids lost during exercise (sweat).

Signs and symptoms in the determination of heat exhaustion:

- Typically the victim will collapse and manifest profuse sweating, pale skin, mildly elevated core temperature >102, dizziness, hyperventilation, rapid pulse, headache, nausea, vomiting, etc. Taking core temperature is the best way to determine the difference between Heat Exhaustion vs. Heatstroke

Emergency Treatment:

1. Remove athlete from play and place in air conditioning.
2. Remove excess clothing and equipment
3. Cool athlete
4. Prop legs above heart level
5. If athlete is not nauseated or vomiting, rehydrate with chilled electrolyte drink or water. If athlete is unable to orally take fluids, refer for intravenous saline drip.
6. Monitor heart rate, blood pressure, respirations, core temperature, and cognitive awareness.
7. If rapid improvement not noted transport to local emergency room.

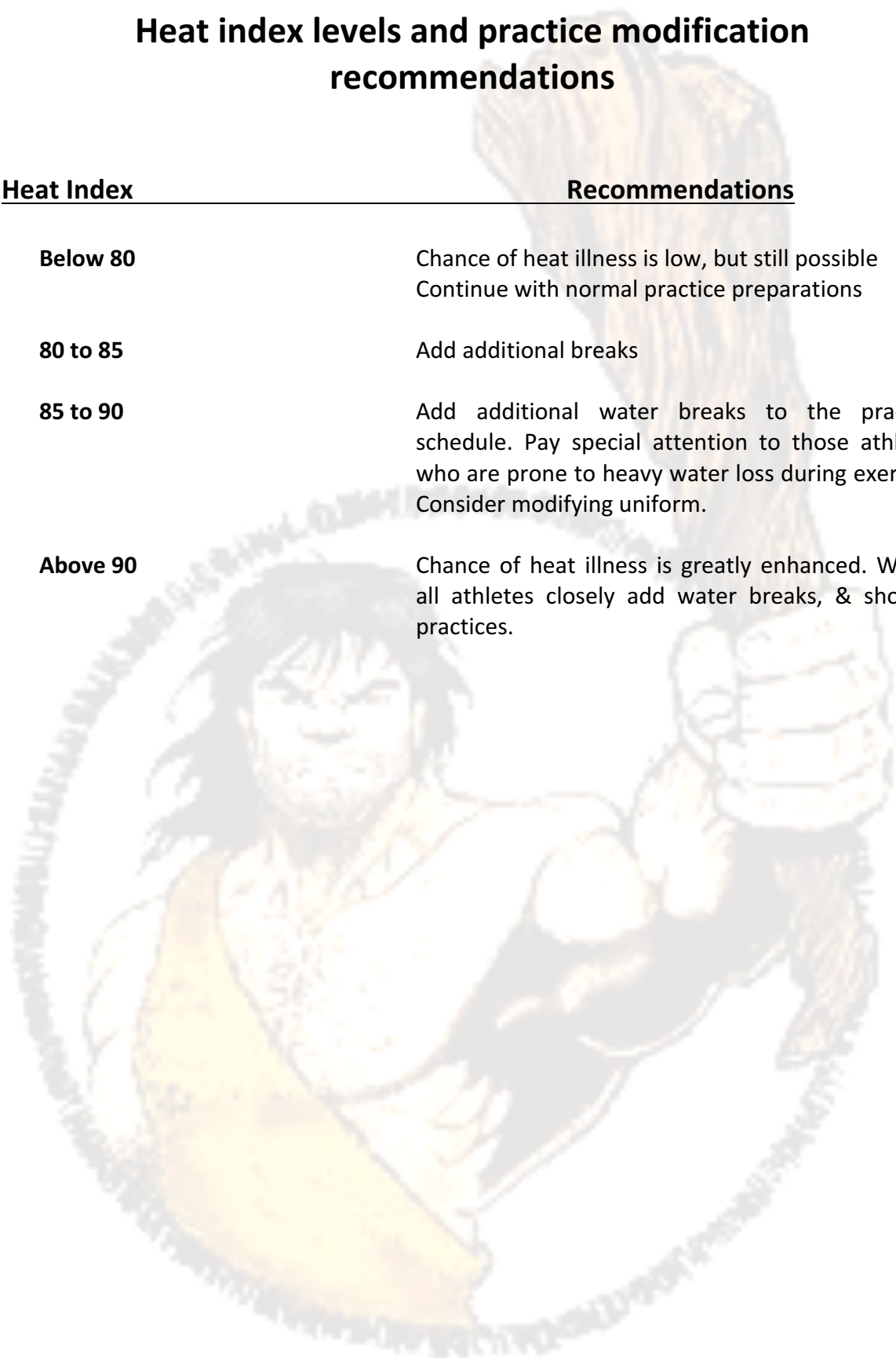
Heat illness prevention:

Depending on the sport and activity, all the following preventative measures may not be implemented.

- Monitor heat index every 20 minutes during activity
- Communicate with coaching staffs
 - Current heat index
 - Modify practice activities(extra breaks, equipment, time, intensity)
 - Recognition of heat illnesses symptoms
- Communicate with student athletes
 - Heat illness symptoms
 - Drink 8-12 oz cold water every 10-15 min /water breaks during practice
 - “Sip” liquids, don’t “Gulp”
 - Urine color (darker= more dehydrated)
 - Replace 24 oz of water/Gatorade for every pound lost during workout
 - Proper nutrition for workouts
- Cold tub use when available
- Ice Towels when available

Heat index levels and practice modification recommendations

<u>Heat Index</u>	<u>Recommendations</u>
Below 80	Chance of heat illness is low, but still possible Continue with normal practice preparations
80 to 85	Add additional breaks
85 to 90	Add additional water breaks to the practice schedule. Pay special attention to those athletes who are prone to heavy water loss during exercise. Consider modifying uniform.
Above 90	Chance of heat illness is greatly enhanced. Watch all athletes closely add water breaks, & shorten practices.



Emergency procedures- Ward Baker park (Baseball/Softball) practices and competition

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon, MA ,ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Cellular phone will be provided by the athletic trainer or a coaching staff member/ administrator at activity.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone (911). Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room on the West side of the concessions stand during practices and events. Emergency equipment includes:

AED

Vacuum Splints

CPR mask

Athletic trainer's kit

Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 811 S. Byrkit, Mishawaka IN 46544

From Lincoln Way East: Turn South on Byrkit Street; drive approximately 1/3 of a mile. Entrance to the park is on the right. Baseball/ Softball fields are on the right once you enter the facilities.

Medical Non-Emergency- Ward Baker Park (Baseball/Softball)

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

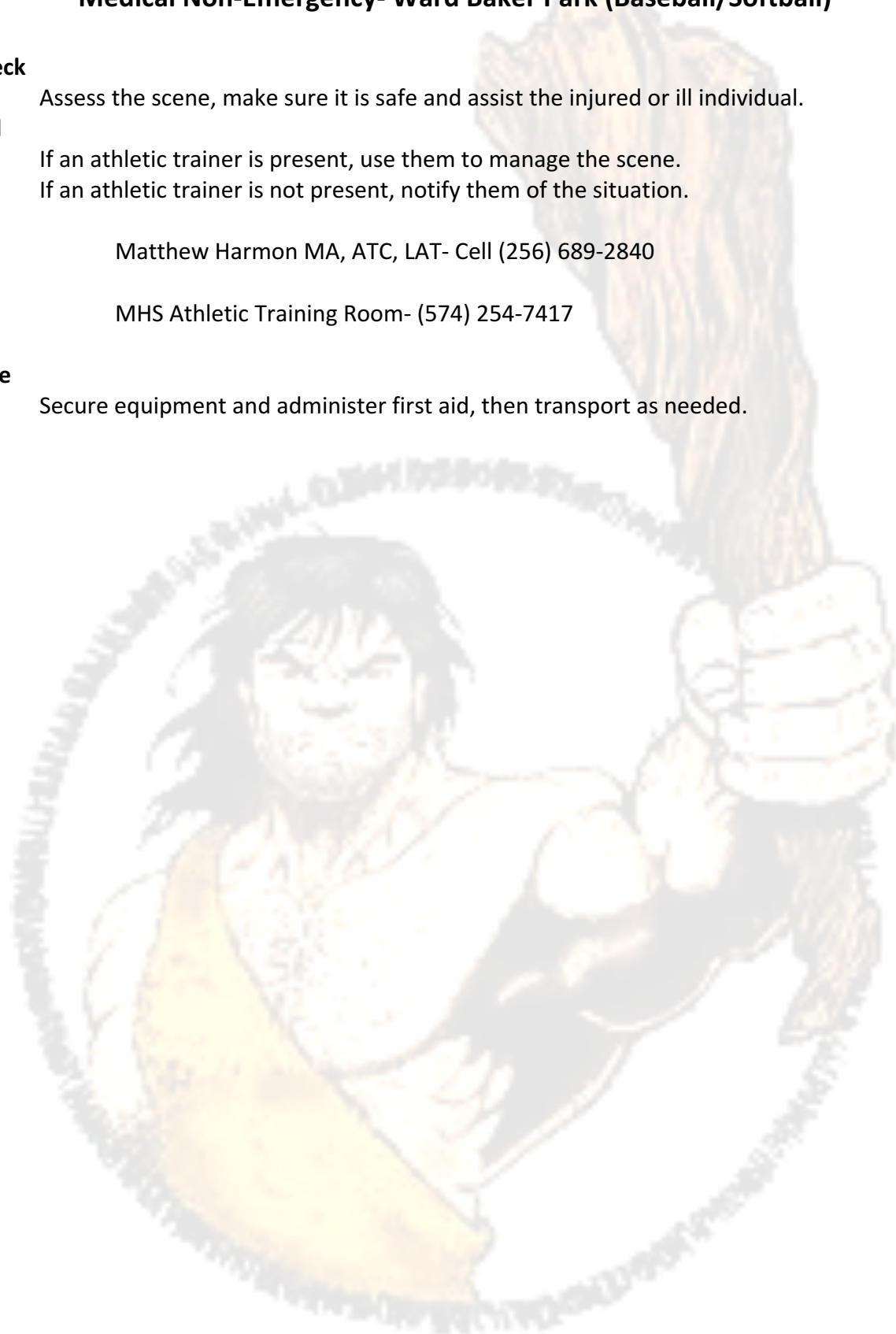
If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Ward Baker park (Soccer) practices and competition

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Cellular phone will be provided by the athletic trainer or a coaching staff member/ administrator at activity.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room on the West side of the concessions stand during practices and on the home bench during events.

Emergency equipment includes:

AED	Vacuum Splints	CPR mask
Athletic trainer's kit		Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 811 S. Byrkit, Mishawaka IN 46544

From Lincoln Way East: Turn South on Byrkit Street; Drive approximately 1/3 of a mile. Entrance to the park is on the right. Soccer field is at the end of the driveway on the left.

Medical Non-Emergency- Ward Baker Park (Soccer)

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT –Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Ward Baker park (Tennis) practices and competition

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Cellular phone will be provided by the athletic trainer or a coaching staff member/ administrator at activity.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room on the West side of the baseball/softball concessions stand during practices and events.

Emergency equipment includes:

AED

Vacuum Splints

CPR mask

Athletic trainer's kit

Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 811 S. Byrkit, Mishawaka IN 46544

From Lincoln Way East: Turn South on Byrkit Street; drive approximately 1/3 of a mile. Entrance to the park is on the right. Tennis courts are immediately to the right once you enter the facilities.

Medical Non-Emergency- Ward Baker Park (Tennis)

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room - (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- East Gym (The Cave) practices and competition

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located at the South-East end of the gymnasium in the coaches' office. Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity. Administrators' radio when available.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911, or an administrator's radio. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room in the North-East corner of the gym during practices and in the North-East Stands during an event.

Emergency equipment includes:

AED	Vacuum Splints	CPR mask
Athletic trainer's kit	Spine Board	Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1202 Lincoln Way East, Mishawaka IN 46544

From Lincoln Way East: Turn North on Gernhart Street. Enter the building through entrance E. Enter the gymnasium straight ahead.

Medical Non-Emergency- East Gym (The Cave)

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Eberhart Golf Course practices and competition

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located in the clubhouse. Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, or landline in clubhouse 911. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: A first aid kit will be given to the head coach at the beginning of the season. It is their responsibility to bring the bag to practices and check the stock in the bag.

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 911 from clubhouse landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 801 N. State Street Mishawaka, IN 46544

From Lincoln Way East: Turn North on North Byrkit. Continue until street makes a left and turns into Prospect Drive. Take immediate right on State Street. Club house is on the left.

Medical Non-Emergency- Eberhart Golf Course

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Emmons Elementary School practice field

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located in the service building next to the field. Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: A first aid kit will be given to the head coach at the beginning of the season. It is their responsibility to bring the bag to practices and check the stock in the bag.

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1306 S. Main Street, Mishawaka IN 46544

From Lincoln Way: Travel South on South Main Street; Enter the first parking lot of the school on the left. The field is at the East end of the parking lot.

Medical Non-Emergency- Emmons Elementary School

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT-Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- John Young Middle School Gymnasiums

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located in the Fitness Room across the hall from the main gymnasium. Cellular phone will be provided by athletic trainer or coaching staff member/administrator at activity.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located on the stage of the Auxiliary gym during events and in the athletic training room at MHS during a practice. Emergency equipment includes:

AED

Vacuum Splints

CPR mask

Athletic trainer's kit

Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1801 North Main Street, Mishawaka IN 46545

From Main Street: Turn into the parking lot of the school at the intersection of Main and E. Omer drive. Enter the building through the front of the school entrance **B**. Enter the Main gymnasium on the right. The Auxiliary gymnasium is straight ahead, entrance to the left.

Medical Non-Emergency- John Young Middle School Gymnasiums

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Merrifield Park football practice

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located in the park office building. Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, office landline 911. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located on the back of the athletic training golf cart during practices if athletic trainer is present. Emergency equipment will be at MHS if athletic trainer is not present. Emergency equipment includes:

AED	Vacuum Splints	CPR mask
Athletic trainer's kit	AMBU Bag	Oral airway kit

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 911 from park office landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1000 East Mishawaka Ave Mishawaka, IN 46544

From Mishawaka Ave: Enter the parking lot from the Mishawaka Ave entrance. Travel to the North end of the parking lot to the practice field.

Medical Non-Emergency- Merrifield Park

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT-Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Natatorium practices and competition

Emergency Personnel: A certified athletic trainer will be on site or on call for all practices and home events.

Lifeguard on duty

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located in the pool office. Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity. Administrator's radio when available.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911, or an administrators' radio. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room during practice and in the swimming pool office during competition.

Emergency equipment includes:

AED	Vacuum Splints	CPR mask
Athletic trainer's kit	AMBU Bag	Oral airway kit

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1202 Lincoln Way East, Mishawaka IN 46544 From Lincoln Way East: Turn North on Wenger Street; take an immediate right into the staff/ visitor parking; Lot C. Turn left to entrance L on the West side of MHS. Pool entrance is approximately 100 feet down the hall on the right.

Medical Non-Emergency- Natatorium

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Steele Stadium football practices

Emergency Personnel: A certified athletic trainer will be on site or on call for practices.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located in the coaches' office in the breezeway of the stadium. Cellular phone will be provided by athletic trainer or coaching staff member/administrator at activity. Administrator's radio when available.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911, or an administrators' radio. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the breezeway entrance to the West practice field. Emergency equipment includes:

AED	Vacuum Splints	CPR mask	Ambu bag
	Athletic trainer's kit		Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1202 Lincoln Way East, Mishawaka IN 46544

From Lincoln Way East: Turn North on Wenger Street. Turn right on Homewood Street. Enter the facility through **Gate 1**.

Alternate for field access: In the event the ambulance needs to access the field directly; ambulance will be directed to travel North on Studebaker, right on Linden and enter the field through **Gate 3**.

Medical Non-Emergency- Steele Stadium football practice

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Steele Stadium football games

Emergency Personnel: A certified athletic trainer will be on site or on call for home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located in the coaches' office in the breezeway of the stadium. Cellular phone will be provided by athletic trainer or coaching staff member/administrator at activity. Administrator's radio when available.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911, or an administrators' radio. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the breezeway entrance to the West practice field. Emergency equipment includes:

AED	Vacuum Splints	CPR mask
Ambu bag	Athletic trainer's kit	Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. **DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.**
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1202 Lincoln Way East, Mishawaka IN 46544

From Lincoln Way East: Turn North on Wenger Street. Turn right on Homewood Street. Enter the facility through **Gate 1**.

Alternate for field access: In the event the ambulance needs to access the field directly; ambulance will be directed to travel North on Studebaker, right on Linden and enter the field through **Gate 3**.

Medical Non-Emergency- Steele Stadium football games

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Steele Stadium track practices and meets

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located in the coaches' office in the breezeway of the stadium. Cellular phone will be provided by athletic trainer or coaching staff member/administrator at activity. Administrators' radio when available.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911, or an administrators' radio. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room during practices and in the South-West corner of the track during meets. Emergency equipment includes:

AED	Vacuum Splints	CPR mask
	Athletic trainer's kit	Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1202 Lincoln Way East, Mishawaka IN 46544

From Lincoln Way East: Turn North on Wenger Street. Turn right on Homewood Street. Enter the facility through **Gate 1**.

Alternate for field access: In the event the ambulance needs to access the field directly; ambulance will be directed to travel North on Studebaker, right on Linden and enter the field through **Gate 3**.

Medical Non-Emergency- Steele Stadium track practices and meets

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room- (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- West Gym practices and competition

Emergency Personnel: A certified athletic trainer will be on site or on call for practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located at the South-West end of the gymnasium or across the hall in the P.E. office. Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity. Administrators' radio when available.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911, or an administrators' radio. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room across the hall during practices or home bench during an event. Emergency equipment includes:

AED	Vacuum Splints	CPR mask	Athletic trainer's kit
	AMBUE Bag	Oral airway kit	Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1202 Lincoln Way East, Mishawaka IN 46544

From Lincoln Way East: Turn North on Wenger Street; take an immediate right into the staff/ visitor parking; Lot C. Turn left to entrance L on the West side of MHS. Stairway access is immediately to the right as you enter the school.

Medical Non-Emergency- West Gym

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT –Cell- (256) 689-2840

MHS Athletic Training Room - (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- West Gym track/ fitness/ weight room

Emergency Personnel: A certified athletic trainer will be on site or on call for practices.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located at the South-West end of the lower gymnasium or across the hall in the P.E. office. Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity. Administrators' radio when available.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911, or an administrators' radio. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room across the hall on the lower level. Emergency equipment includes:

AED	Vacuum Splints	CPR mask	Athletic trainer's kit
AMBU Bag		Oral airway kit	Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1202 Lincoln Way East, Mishawaka IN 46544

From Lincoln Way East: Turn North on Wenger Street; take an immediate right into the staff/ visitor parking; Lot C. Turn left to entrance L on the West side of MHS. Access to the track is to the left as you enter the school. Walk to the North side of the track to access the fitness/ weight rooms.

Medical Non-Emergency- West Gym track/fitness/weight room

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room - (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures- Wilson Park

Emergency Personnel: A certified athletic trainer will be on site or on call for all practices and home events.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room at MHS during practices and at the finish line of the race during events. Emergency equipment includes:

AED	Vacuum Splints	CPR mask	Athletic trainer's kit
AMBU Bag		Oral airway kit	Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 2605 South Clover Road, Mishawaka IN 46544

From Lincoln Way East: Turn South on Byrkit Street (turns into S. Fir) until it dead ends. Turn East on Dragoon Trail. Turn South on Clover Road to park entrance on Right.

Medical Non-Emergency- Wilson Park

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

MHS Athletic Training Room - (574) 254-7417

Care

Secure equipment and administer first aid, then transport as needed.



Emergency procedures-Wrestling room practices

Emergency Personnel: A certified athletic trainer will be on site or on call for practices.

Staff Athletic Trainer: Matthew Harmon MA, ATC, LAT

Team Physician: Steve Simons MD, FACSM or Chris Jordan MD

Coaching Staff: Per sport and level

Emergency Communication: Landlines are located at the South-West end of the gymnasium or across the hall in the P.E. office. Cellular phone will be provided by athletic trainer or coaching staff member/ administrator at activity. Administrators' radio when available.

Emergency personnel on-site will designate an individual to initiate EMS via cell phone 911, school landline 9-911, or an administrators' radio. Give the appropriate information (patient information, number of patients involved, location of injured athlete, and directions to facility).

EMS activation: Team physician (if available), certified athletic trainer, athletic administrator, coaching staff, student athletic trainer/ student manager.

Emergency Equipment: Emergency equipment will be located in the athletic training room across the hall during practices. Emergency equipment includes:

AED	Vacuum Splints	CPR mask	Athletic trainer's kit
	AMBUC Bag	Oral airway kit	Crutches

Role of the first responder:

- A. Provide immediate care to the injured or ill individual.
- B. Activate the emergency medical system (EMS)
Call 911 from a cellular phone or 9-911 from school landline. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information requested. *DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.*
- C. Assign an individual to retrieve specific emergency equipment items.
- D. Direct EMS to the scene.
- E. Open appropriate gates and doors for access to facility by EMS.

EMS Directions/ Venue address: 1202 Lincoln Way East, Mishawaka IN 46544

From Lincoln Way East: Turn North on Wenger Street; take an immediate right into the staff/ visitor parking; Lot C. Turn left to entrance L on the West side of MHS. Stairway access is immediately to the right as you enter the school. Walk through the West gym to wrestling room on North side of gym.

Medical Non-Emergency- Wrestling room

Check

Assess the scene, make sure it is safe and assist the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the scene.
If an athletic trainer is not present, notify them of the situation.

Matthew Harmon MA, ATC, LAT- Cell- (256) 689-2840

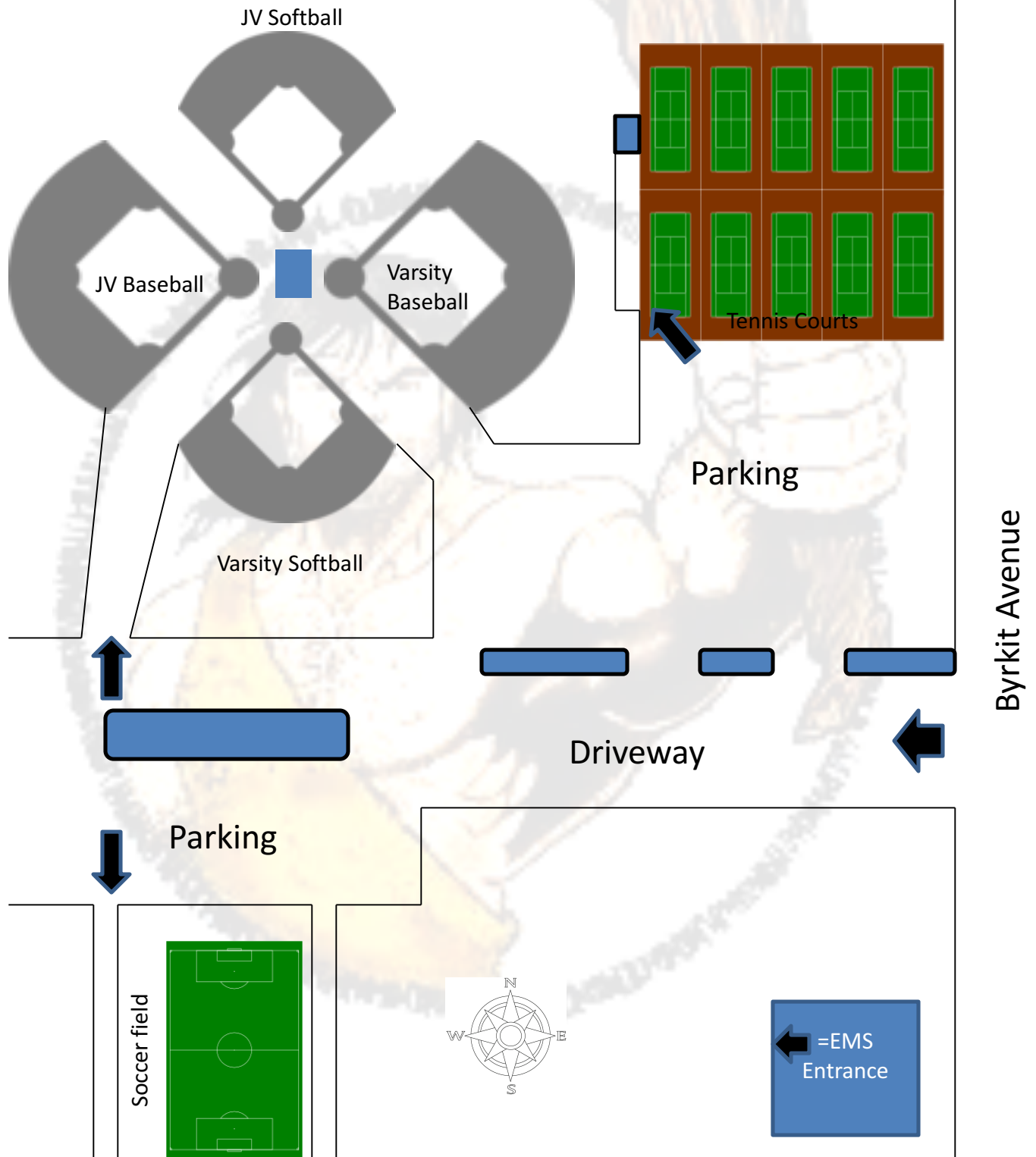
MHS Athletic Training Room- (574) 254-7417

Care

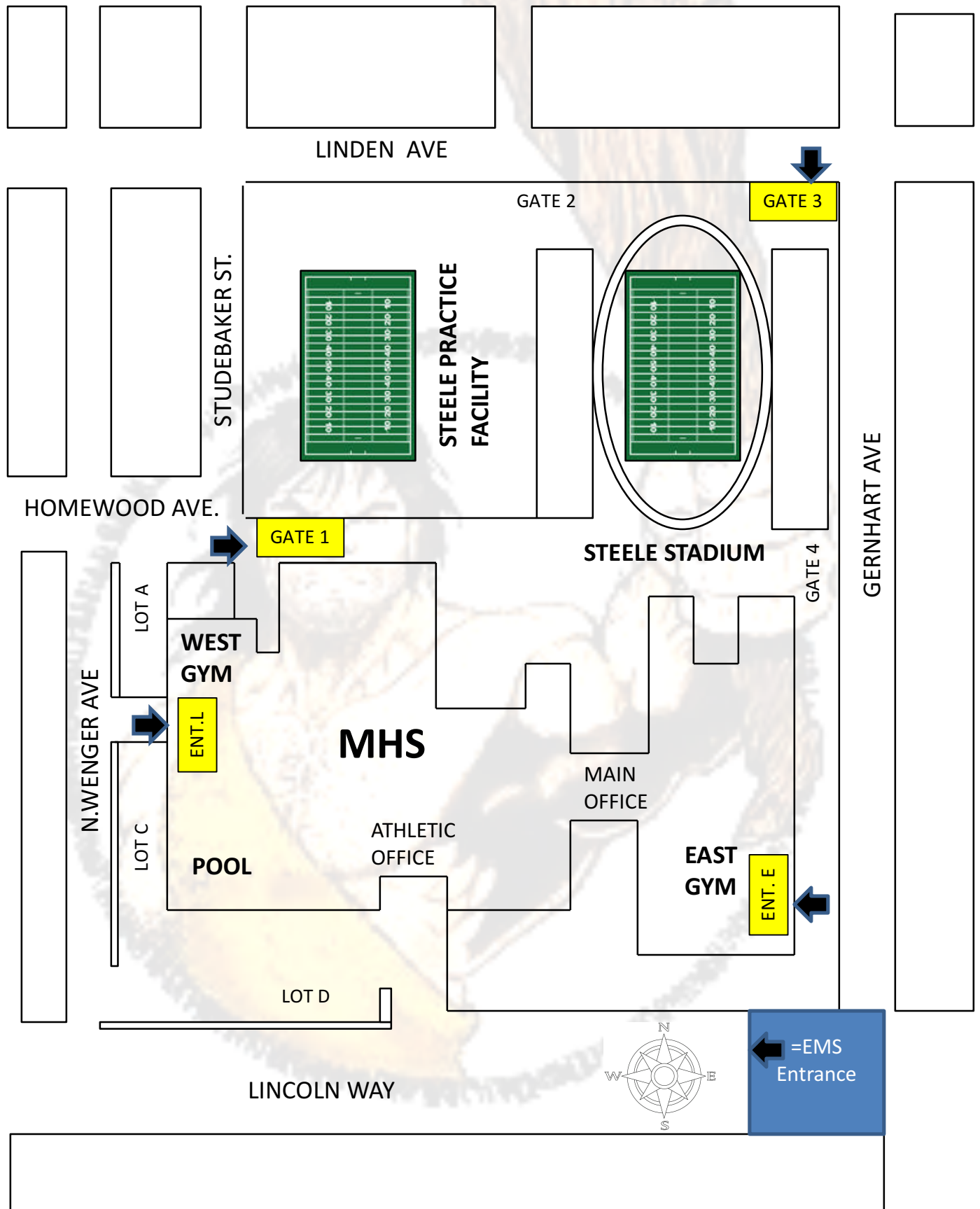
Secure equipment and administer first aid, then transport as needed.



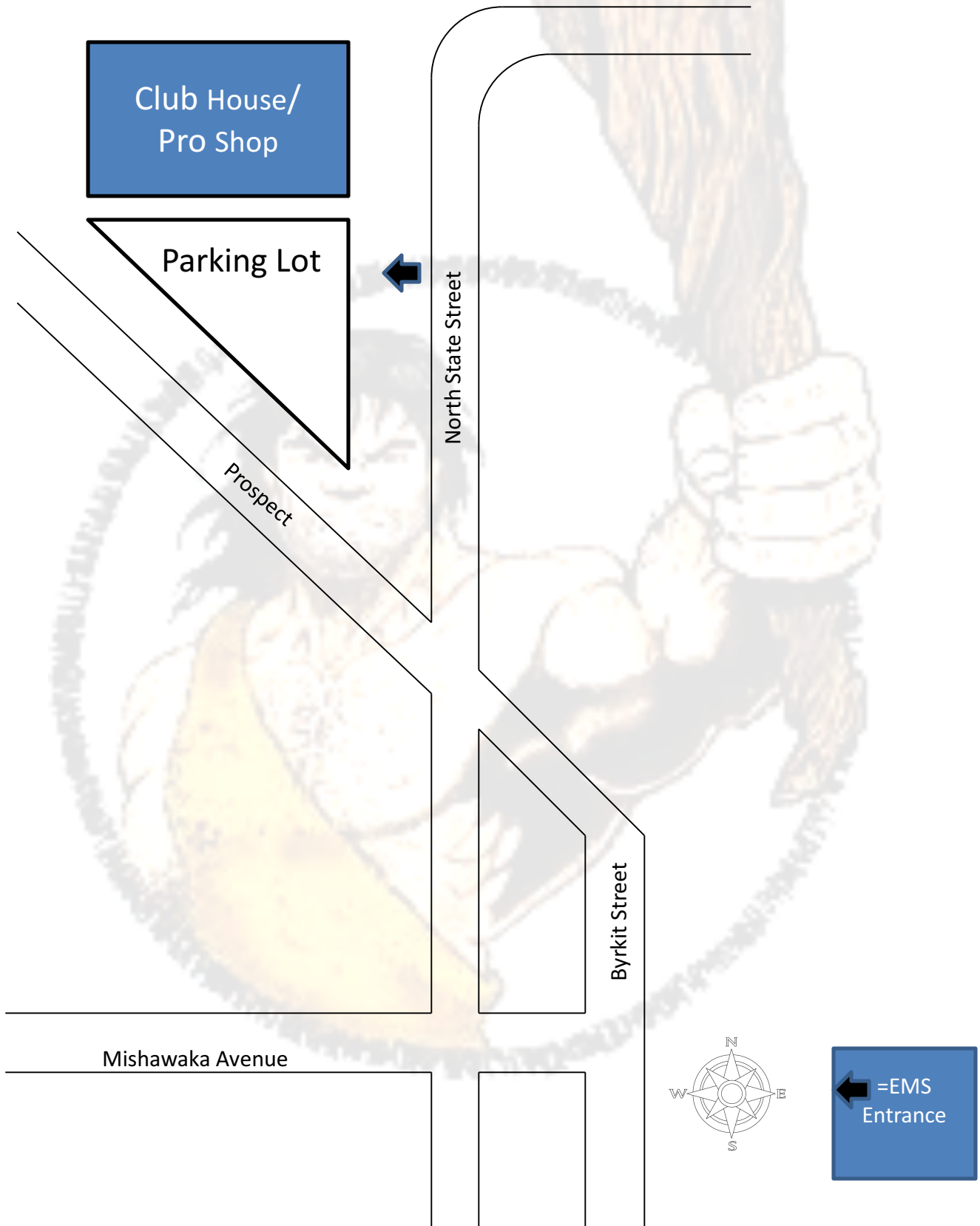
Ward Baker Athletic Complex Emergency access map



Mishawaka High School Emergency access map



Eberhart Golf Course emergency access map

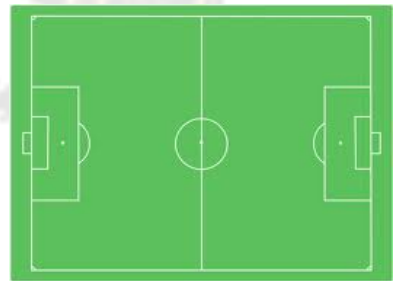


Emmons Elementary School-practice field
Emergency access map

Lincolnway East

13th Street

Emmons Practice Field



Parking Lot



Main Street

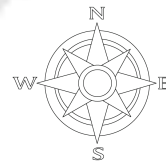
Emmons
Elementary School

Admin
Building

Transportation

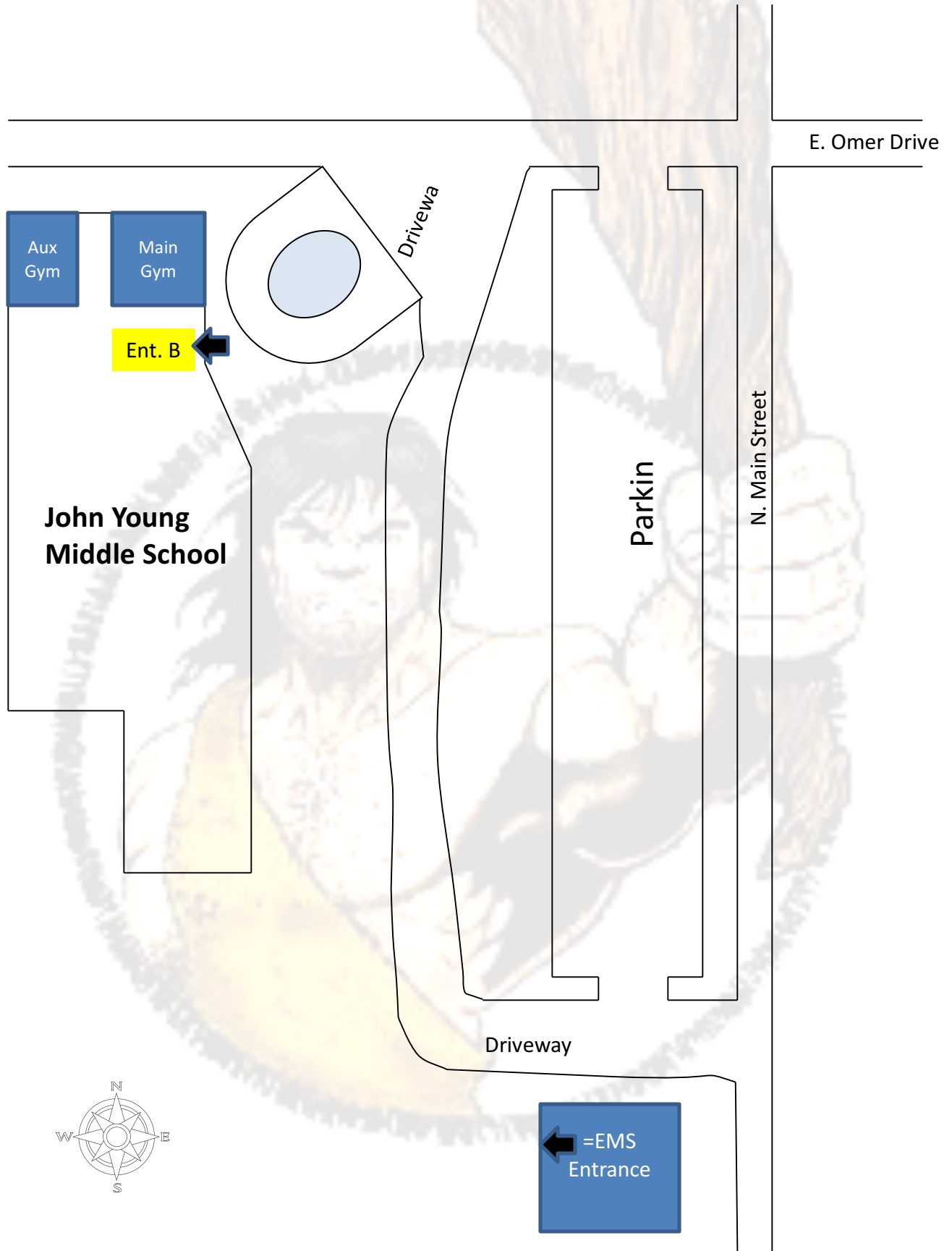
Union Street

Parking Lot

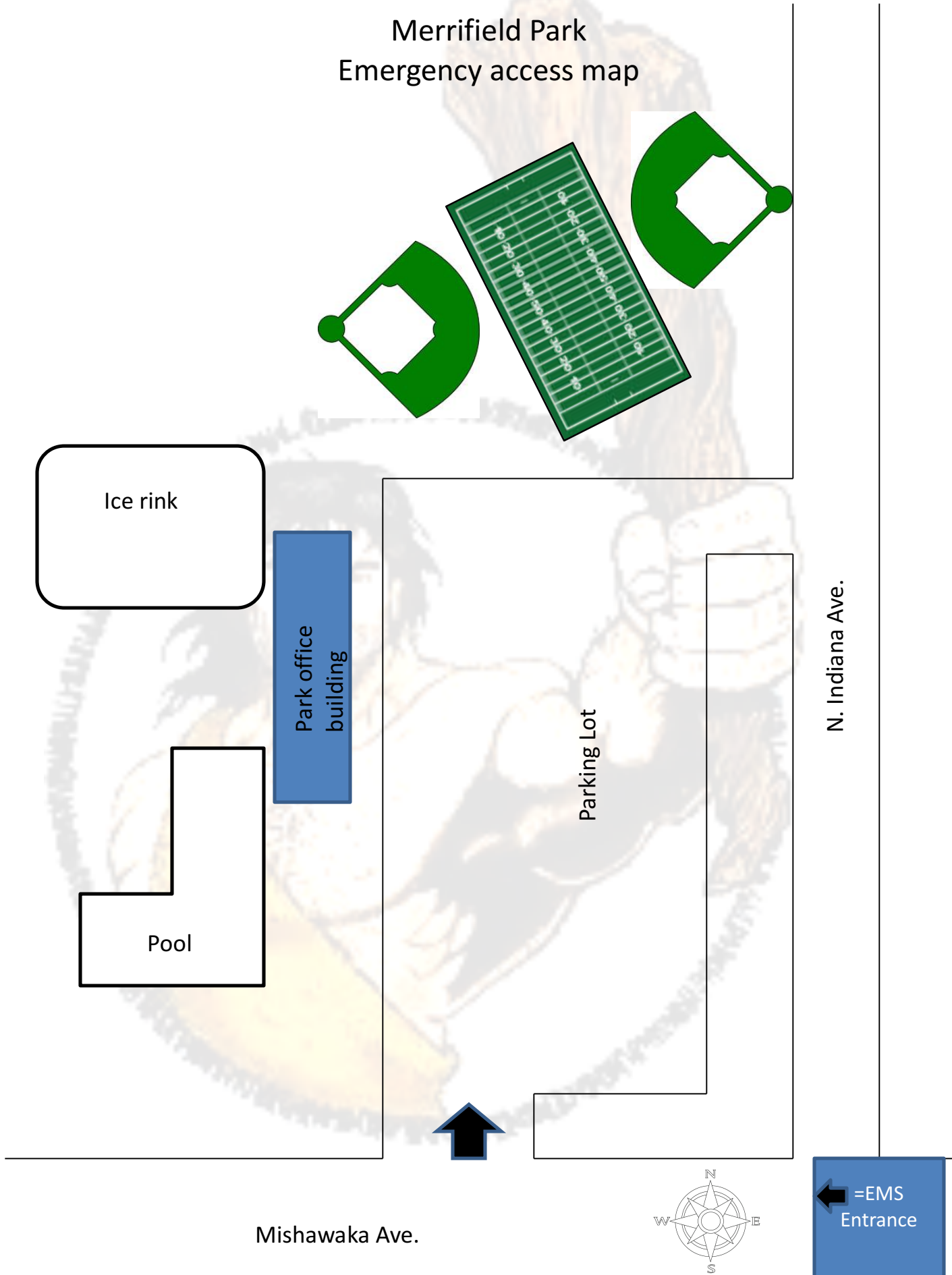


16th Street

John Young Middle School Emergency access map



Merrifield Park Emergency access map



Wilson Park Emergency access map

