

Drew University Emergency Action Plan

Emergency Communication

Emergency Telephones: Campus Phones located at the lobby front desk and issue desk.

Two way radios are on site at every practice/games

Channel 1 and 2 – direct access ATC

Channel 4 – direct access to public safety

Public Safety, ambulance or 911: dial x 4444, (973)408-4444

Certified Athletic Training (ATC) Staff contact numbers

- Chris Ryan, Head ATC (o) (973)-408-3651 (c) (201)-650-9672
- Dara Blum, Assistant ATC (o) (973)-408-3526

Roles of First Responder for an Injured Athlete

- Immediate Medical Attention (Medical Emergency)
- Primary Survey
- Establish Level of Consciousness
- Check ABC's (Airway, Breathing, and Circulation)
- Emergency First Aid or CPR/AED should be initiated in the event of a life-threatening injury
- Stabilize student athlete and monitor signs and symptoms

Notify EMS by dialing Public Safety at x 4444 who in turn will contact 911 for on-campus emergency

- Designate specific individual to make phone call
- Information necessary for Public Safety
 - A. Your name
 - B. Type of emergency situation
 - C. Type of suspected injury
 - D. Present condition for athlete
 - E. Current assistance being administered to the athlete
 - F. Location of phone being used
 - G. Exact location of emergency and how to enter facility
- Make sure someone is at a visible position to direct the ambulance upon its arrival.
 - A. Open appropriate gates or doors.
 - B. Designate individual to “flag down” EMS and direct to scene.
 - C. Scene Control: limit scene to first aid providers and move bystanders away from area.

Recognizing Athletic Emergencies

All injuries

1. Get ATC immediately
2. Do NOT let other teammates attempt to pick the person up, or shake the athlete.
3. Keep athletes and spectators away from the athlete; do not form a huddle around them as they will become more frightened and the center of attention.
4. If you are on an away trip, make sure the host ATC is aware of the situation.

Serious Injuries

Serious injuries are any condition whereby the athlete's life may be in danger. These injuries include but are not limited too; cervical spine injuries, cardiovascular arrest, serious bleeding, head injuries and heat stress. Following are examples to treat head and heat stress injuries.

Head injuries

1. If the athlete sustains any type of trauma, get ATC immediately.
2. If the athlete sustains ahead trauma and gets up right away and continues to play, they might still show concussion signs up to 24 hours after impact.
3. Some of the signs include; but are not limited too:
 - Difficulty remembering recent events or meaningful facts
 - Severe headache, particularly at a specific location
 - Stiffening of the neck
 - Bleeding or clear fluid dripping from the ears or nose
 - Mental confusion or strangeness
 - Nausea or vomiting
 - Dizziness, poor balance, or unsteadiness
 - Weakness in either arm or leg
 - Abnormal drowsiness or sleepiness
 - Convulsion
 - Unequal pupils
 - Loss of appetite
 - Persistent ringing in the ears
 - Slurring of speech
 - Loss of consciousness, blanking out or seeing stars
 - Visual abnormalities
4. When in doubt take the athlete out of activity and have them evaluated either by ATC (home or away) and/or physician.

Heat Injuries

1. Results from, but not limited too
 - dehydration
 - previous history of heat problems
 - taking supplements
 - wearing clothes that are dark or heavy materials
 - improper eating patterns

2. Signs and symptoms include; but are not limited too:
 - dizziness
 - lethargy
 - nausea
 - vomiting
 - change in skin color
 - rapid weak pulse
 - headache
3. These signs and symptoms are common to other injuries and viral illnesses, if you are practicing in excessive heat is when this signs should be taken seriously and the following steps should be taken:
 - ATC should be contacted immediately
 - Athlete should be brought into the shade and told to drink fluids
4. Please note that if the athlete stops sweating, and is very hot out, it is a medical emergency and they should be sent to the hospital **IMMEDIATELY**.

Non-Emergency Situation (Injury)

- Provide necessary first-aid treatment
 - RICE principle (Rest, Ice, Compression, Elevation)
 - Treat wounds and lacerations
- Please notify Athletic Training Staff of injury or illness prior to participation.