

Lawrence High School

Sports Medicine  
Policies and Procedures

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I.	Standing Order of Protocol	í í í í í í í ...í í í í í í í .í ..Pg. 3
II.	Medication Distribution Policy	í í í í í í í ...í í í .í í ...í .Pg. 5
III.	Medical Decision Making	í í í í í ..í í í í í í í í ..í í Pg. 5
IV.	Return to Play Policy	í í í í í í í í í ..í í í í í í í ..í .Pg. 5
V.	Athletic Injury Reporting System	í í í í .í ..í í í í í í í í ..í Pg. 5
VI.	Athletic Insurance and Claim Procedure.....	í ..í í ..í í ..í í í .....Pg. 5
VII.	Transportation...	í í í í í í í í í í ..í í ..í í í í í í í Pg. 6
VIII.	Threatening Weather Policy..	í í í í í í í ..í í í í í í í ..í ..Pg. 6
IX.	Environmental Monitoring Recommendations.	í ..í í .í í í í ..í í Pg. 8
X.	Treatment of Heat Illness	í í í í í í ..í í í í í í í ..í í ...Pg. 8
XI.	Athletes and Asthma Policy	í í í í í í .í í í í í í í í .í .í ..Pg. 9
XII.	Head Injury Policy	..í í í í í í í í í í .í í í í ..í ..í ...Pg. 10
XIII.	Parent/Guardian Communication Policy	í í í í í í í ..í .....Pg. 10
XIV.	Coaching Staff Communication Policy	í í í ..í í ..í í í ..í Pg. 10
XV.	Camp and Clinic Policy	í í í í í í í í í í .í í í ..í í ..Pg. 11
XVI.	Coverage Policy	í í í í í í í ..í í í í í ..í .í í í í ..Pg. 12
XVII.	Pre-Participation Athletic Physicals.....	Pg. 13
XVIII.	Emergency Response Plan	í í í í í .í í í .í ..í .í í í í ..Pg. 14

## I. Standing Order of Protocol

- A. The appointed team physician(s) will supervise the New Jersey Licensed Athletic Trainers in all matters concerning the management of athletic related injuries and advise on matters regarding the prevention of athletic injuries at Lawrence High School.
- B. The Licensed Athletic Trainer will act in accordance with the New Jersey Athletic Trainers Act.
- C. Emergency care is the responsibility of the athletic trainer. They must have a written policy regarding the coordination of emergency transport and care. He/she will serve as a triage officer to determine which injuries require additional medical evaluation. If there is any question about the nature or seriousness of an injury, the athletic trainer must refer to appropriate medical services immediately. This act is in accordance with the American Red Cross and Emergency Medical Care (American Academy of Orthopedic Surgery)
- D. The use of moist heat, ultrasound, electricity, manual therapy, rehabilitative techniques, traction or joint mobilization may be instituted as soon as signs and symptoms indicate that their use is proper, in accordance with sound principles of athletic training.
- E. The athletic trainer shall apply at his/her discretion protective and/or preventive taping and/or taping procedures in accordance with the prevailing standard of care. The trainer shall also apply a protective sleeve or support when signs and symptoms indicate. The athletic trainer should instruct the athlete in the use of crutches or canes when ordered by a physician or when symptoms indicate the necessity of their use. In consultation with team or personal physicians, the trainer shall apply protective and/or preventative braces or orthotics (Brace and orthotic is defined by Steadman's Medical Dictionary).
- F. The athletic trainer under a physician's order may institute treatment procedures that include iontophoresis and phonophoresis. The form of treatment may be changed whenever signs and symptoms indicate a need for change at the discretion of the athletic trainer. These changes will be made under the direction of the physician.
- G. No athlete will be permitted to practice for a sport, or participate in a sport, until the Lawrence High School Sports Medicine Staff and a physician, in accordance with New Jersey State laws, complete a pre-participation physical examination. Each physical will be reviewed by the school doctor and clearance to participate will be documented at that point.
- H. The athletic trainer may at his/her discretion return an athlete to competition after

a full physical assessment and history is completed and documented and is considered normal. Any athlete under care of a physician must have that physician sign a note allowing that athlete to resume athletics.

- I. Accident Reports will be written and filed for injuries an athlete sustains while participating in athletics. Accident Reports will be written up at the discretion of the athletic trainer and the severity of the injury. It is the responsibility of the athletic trainer to maintain such records.
- J. Prescription medication is to be given to an athlete by the team physician(s) and/or attending physician only.
- K. Records of evaluations and actions taken by the athlete's physician will be recorded and signed. This record shall be considered privileged information.
- L. The athletic trainer will at all times act in accordance with the standard recognized publication, such as publication by the American Red Cross, Emergency Care and Safety Institute, and OSHA.
- M. The administrative chain of command for the Sports Medicine Department is as follows in descending order:  
  
Principal→Assistant Principals→Athletic Director→Team Physicians→Head Athletic Trainer→Nurse→Coach
- N. The medical chain of command of the Sports Medicine Department is a follows in descending order:  
  
Head Team Physicians, Richard Levandowski, MD and Joshua Hornstein, MD→Head Athletic Trainer, Michael Stewart, ATC→Coaches

## II. Medication Distribution Policy

### Prescription Medications

1. Prescription medication is not dispensed by the athletic trainer or school nurse. Prescription medication may be administered to the student athlete by either a certified athletic trainer or school nurse only if directed by the prescribing physician.

### Non-Prescription Medication

1. All non-prescription medications will be ordered and administered in prepackaged units.

2. All non-prescription medications may be administered to a student-athlete with a parent or guardian's permission, regardless if the student is of 18 years of age.

### III. Medical Decision Making

All medical decisions will be made in accordance with the established Medical Chain of Command. All decisions regarding a student-athletes medical status or ability to return to play are to be made only by the athlete's physician or a member of the Sports Medicine Staff.

### IV. Return to Play Policy

The Certified Athletic Trainer may at his/her discretion return an athlete to competition after a full physical assessment and history is completed and documented and is considered normal unless otherwise ordered by a physician. Athletes under care of a physician must present a note allowing return to play.

### V. Athletic Injury Reporting System

1. All athletes are required to sign in on the treatment log as they enter the athletic training room. This treatment log will be the primary means for coaches to determine who has and has not completed their designated treatments or rehabilitation. If an athlete's name does not appear on the treatment log, as far as the sports medicine staff and coach is concerned, he/she did not received treatment. Due to the large number of students receiving treatment, student athlete sign-ins will only be logged in by an assistant student athletic trainer.

2. All athletic injuries are to be recorded on the appropriate forms by the evaluating athletic trainer. Daily Treatments are to be designated by recording the specific treatment code in the space for the corresponding day. This is the responsibility of the athletic trainer. Since the injury form is a medical record it should be kept in a secure location where it is only available to the staff and or the athlete upon request. It is also the responsibility of the treating athletic trainer to make progress notes on the back of the injury form as necessary, but preferably on at least a weekly basis. The athletic trainer should sign his/her name or initial before each progress note in order to keep track of treatments done by other staff members. All physician referrals and further testing should also be noted on the injury form and any hard copies of that information placed in the athlete's permanent medical file. If the injury has been resolved or the athlete has not come in for treatment, the athletic trainer should record this and file the form in the athlete's permanent medical file.

### VI. Athletic Insurance Claim Procedure

Every student-athlete participating on an athletic team is covered by the Lawrence Township B.O.E. Policy, Bolinger Claim Form. This coverage is provided free of cost the student-athlete. This policy is a SECONDARY INSURANCE POLICY, consisting

of both basic medical coverage and catastrophic injury coverage, which takes effect only when the primary insurance coverage for an injured student-athlete is denied or exhausted. This policy will pay only for athletic related injuries that occurred while participating in extra curricular athletic events on a Lawrence High School Athletic Team. The Lawrence Township B.O.E. Insurance Policy may not cover 100% of the cost. The Head Athletic Trainer in conjunction with the school nurse is responsible for processing all athletic injury and illness related claims. In order to make the claims process as smooth as possible, please follow these simple steps.

1. Please wait until you have gone through your insurance and have determined that you have an unpaid balance.

2. Contact the school nurse to have the Bollinger Insurance form completed. (This may take 1-2 days.) Once the school portion of this form is completed, your student will be given the form to take home for your completion.

4. Please follow the directions on the back of the Bollinger form.

## VII. Transportation

1. Lawrence High School Athletic Trainers are not required to use their personal vehicle for any official purposes except for their own transportation to and from fields. The sports medicine vehicle will be used to transport all water, ice, and equipment to the fields for all contests and in-season practices. It is the coach's responsibility to arrange for transport of water and ice to non-traditional season practices.
2. Lawrence High School Athletic Trainers are not permitted to transport acutely injured athletes in their personal vehicles at any time. If the injury is non-emergent the athlete can be transported in the sports medicine vehicle. If an injury is of a severe enough nature to necessitate care beyond the realm of athletic training the athlete should be transported by ambulance only.

## VIII. Threatening Weather Policy

1. The Lawrence High School Sports Medicine Staff will be responsible for the monitoring of threatening weather conditions. Based on information gathered during this monitoring the sports medicine staff will make all decisions on whether a team or individual athletes need to be removed from an athletic site or event. **Note: in the event that a member of the sports medicine staff is unavailable at a specific site it will become the coach's responsibility to make any decisions based on the threatening weather policy.**

Monitoring Methods: Local Forecasts  
National Weather Service Advisories (NWS)  
SkyScan (Model P5) Lightning Detector  
Smart Phone

Prior to each practice or competition a weather report will be obtained by the sports medicine staff in order to alert the staff of any potential threatening weather conditions or NWS advisories. Beginning in the fall 2006, Lawrence High School will use a weather monitoring device. On field monitoring will be accomplished by using the SkyScan Lightning Detector. The SkyScan detects the characteristic electromagnetic emissions from individual lightning strokes as well as measuring the distance to the detected stroke. This detector alerts the user of the distance of any lightning or thunderstorm activity in one of four ranges, 0-3 miles, 3-8 miles, 8-20 miles, and 20-40 miles. Lightning can strike as far away as 10 miles from the rain shaft, therefore the Lawrence High School sports medicine staff will clear the outdoor athletic venues upon receiving an alert from the SkyScan that a stroke or storm is within the 3-8 mile range. During competition the sports medicine staff will update and advise the officials on appropriate actions, if the head official refuses to follow the recommendations of the sports medicine staff it then becomes his/her responsibility. **Note: in the event that the SkyScan is not located on a specific field, the athletic trainer or coach who is present should clear the fields upon the first sign of THUNDER OR LIGHTNING.**

2. In the event that the sports medicine staff or a coach decides that the fields need to be cleared, all athletes and spectators should be instructed to proceed to the nearest "safe structure or location." The only "safe structure" on the grounds of Lawrence High School is Lawrence High School. Therefore, if a game or practice is interrupted or cancelled due to inclement weather, seek shelter inside Lawrence High School and report to the gymnasium.

In the event that a safe structure cannot be reached, any vehicle with a hard metal roof will provide adequate protection. Avoid touching the sides of the vehicle and the steering wheel during a lightning storm.

In the event that a lightning storm hits before a safe structure can be reached, avoid the following.

- Tall individual trees in the area
- Light or flagpoles
- Any metal objects such as fences or bleachers
- Standing pools of water
- Open fields

It is recommended that in cases where a safe structure cannot be reached before a lightning strike hits or an individual feels his or her hair stand on end or skin begin to tingle the following position should be assumed. Crouch down low to the ground with only the balls of your feet touching the ground, wrap your arms

around you knees and lower your head. Minimize your contact with the ground because lightning current often enters the victim through the ground. Never lie flat on the ground. Avoid using landline telephones during a lightning storm; a cellular phone is a safe alternative as long as the user is in a safe structure.

3. The athletic event may not proceed until **at least 20 minutes** have passed since the last alert from the SkyScan in the 3-8 mile range and/or the last sign of **THUNDER OR LIGHTNING.**

IX. Environmental Monitoring Recommendations-Treatment of Heat Illness

Prior to each practice session, a reading of the Wet Bulb Globe Temperature (WBGT) will be taken. Based on this reading the sports medicine staff and the head team physician have recommended the following game and practice modifications. It is expected that Lawrence High School Athletic Teams follow these modifications during practices. During competition, the sports medicine staff will make recommendations to the officials on the number and timing of water breaks based on the WBGT reading. The final number and timing of those breaks as well as the responsibility lies with the head Coach and/or officials decision whether or not to heed those recommendations.

<u>WBGT</u>	<u>Risk</u>	<u>Water Breaks</u>	<u>Practice Intensity</u>	<u>Equipment</u>
< 77	Low	Coaches Discretion	-----	
78-81	Med	Minimum every 20 min	Moderate	Warm weather gear
82-89	High	Minimum every 10 min	Low	No equipment (goalies)
90 >	<b>All Practices and Competitions Cancelled</b>			

X. Treatment of Heat Illness

Recognizing heat illness is imperative for coaches, officials, and athletic trainers. There are three main types and degrees of heat illness. They are heat cramps, heat exhaustion and heatstroke.

**Symptoms (Sx) and Treatment (Rx)**

**Heat cramps**

Sx: heavy sweating and water / electrolyte imbalance; characterized with muscle twitching and cramps, spasms in arms, legs and abdomen



Rx: Ingesting large amounts of water or sport drink; mild stretching; and ice massage of affected muscle.

### **Heat exhaustion**

Sx: Excessive thirst, dry tongue and mouth; weight loss; fatigue; weakness; poor coordination; mental dullness; small urine volume; slightly elevated body temperature; high serum protein and sodium; reduced sweating.

Rx: Bed rest in cool room, IV fluids if drinking is impaired; increase fluid intake to 6-8 L/day; sponge with cool water; keep record of body weight; keep fluid balance record; provide semiliquid food until salination is normal

### **Heatstroke**

Sx: Abrupt onset. Preceded by headache, vertigo, and fatigue; flushed skin; relatively less sweating than seen with heat exhaustion; pulse rate increases rapidly and may reach 160 to 180; respiration increases; blood pressure seldom rises; temperature rises rapidly to 105 to 106 degrees; athlete feels as if he or she is burning up; diarrhea; vomiting; circulatory collapse may produce death; could lead to permanent brain damage.

Rx: Emergency measures to reduce temperature must be taken immediately (e.g., emersion in ice water bath or sponge cool water and air fan over body, ice massage limbs); transport athlete to hospital as soon as possible.

It is important for the athlete to take measures to prevent any form of heat illness to occur. The athlete should partake in a preseason exercise routine in order to acclimate their body systems to the physical demand of practice and environmental conditions. Practices should be structured with adequate intervals of rest and hydration.

## **XI. Lawrence High School Asthma Policy**

The Lawrence High School Sports Medicine Asthma Policy provides those athletes who have a history of asthma and have been medically cleared to participate in sports conditional clearance based on the following criteria.

1. The athlete must be stable with the proper medication.
  - a. An athlete is considered to be unstable if they must resort to using their rescue inhaler two or more times in any one exercise period, more than three times in any given week beyond normal preventive use, or has been awakened by their asthma more than twice a month.
  - b. Once an athlete has been deemed unstable, they will be referred to

their physician for evaluation and possible adjustment to their medication protocol.

2. The athlete must have THEIR OWN prescribed inhaler.

The athlete must be forthcoming to the sports medicine staff about their asthma stability. For instance, if the player was up the previous night with an asthma attack, he/she must tell the sports medicines staff so proper decisions can be made about participation on the following day.

## XII. Head Injury Policy

1. In the event an athlete sustains a head injury and was rendered unconscious for any period of time, EMS should be contacted and the athlete transported to the hospital.
2. Any athlete who has sustained a head injury and demonstrates the following symptoms is consistent with a concussion.
  - a. Concussion symptoms may include one or more of the following:

Dizziness, headache, nausea, vomiting, balance problems, drowsiness, sensitivity to light/noise, irritability, numbness or tingling, memory difficulties, and/or difficulty concentrating.
3. Any athlete deemed to have a concussion will not be permitted to return to activity until assessed by a medical doctor and written documentation is obtained from that physician releasing the athlete. The athlete will complete our state adopted return to play graduated protocol.
4. Graduated Return To Play Protocol:

**Step 1:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.

**Step 2:** Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.

**Step 3:** Sport-specific exercise including skating, and/or running: no head impact activities. The objective of this step is to add movement.

**Step 4:** Non contact training drills (e.g. passing drills). Student-athlete may initiate resistance training.

**Step 5:** Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.

**Step 6:** Return to play involving normal exertion or game activity.

#### XIV. Coaching Staff Communication Policy

1. The method of communication most efficient will be established on a sport-to-sport basis by the primary athletic trainer and the coaching staff. If a method cannot be agreed upon by the two parties, the Head Athletic Trainer will decide how injury information will be communicated to the coaching staff.
2. The coaching staff will be notified by already established means of communication of any athletes who have specific limitations or who are completely restricted from participation.
3. The coaching staff **will not** be notified of each individual treatment provided to their athletes. If the coaching staff wishes to monitor whether or not an athlete has shown up for treatment/rehabilitation they are welcome to view the athletic training room treatment log. Athletes are required to sign-in before every treatment in this log for exactly this purpose. \*The athlete treatment log with only be implemented when there is a student athletic trainer.
4. The treatment log is the only written documentation that the sports medicine staff is allowed to share with the coaches. Individual athlete's files are privileged medical records and cannot be shared without written authorization from the athlete.
5. During evaluation and re-evaluation the athletic trainer will often give recommendations to the athlete for modifying their practice regimen in order to speed up the healing process or avoid re-injury. Due to the sheer number of athletes and the number of evaluations performed in the athletic training room it is impossible for the sports medicine staff to report all of this information to the coaches. It is the responsibility of the athlete to communicate these recommendations to the coaching staff.
6. By direction of the National Athletic Trainer's Association Bylaws and the New Jersey Athletic Training Act the sports medicine staff may be bound by confidentiality. If an athlete requests specific information to be held in confidence and doing so does not compromise future care, the sports medicine staff cannot disclose information to coaches, administrators, and/or parents/guardians without consent from that athlete.

#### XV. Camp and Clinic Policy

1. Working summer camps or clinics run by Lawrence High School coaches is strictly voluntary and decided on a case-by-case basis by each individual athletic trainer. An athletic trainer's primary sport assignment during the school year in no way obligates them to work any camps run by that team.

2. Clinics that are run during the year (spring break) are not the responsibility of the sports medicine staff. By New Jersey state law, staff athletic trainers cannot treat the clinic participants unless specifically contracted to do so by the clinic.
3. It is not the responsibility of any individual on the sports medicine staff to locate outside athletic trainers for camps/clinics at Lawrence High School. It is advised that coaches wishing to secure an athletic trainer for a camp/clinic utilize the Athletic Trainers Society of New Jersey website at [www.atsnj.org](http://www.atsnj.org) in order to secure athletic trainers not affiliated with the school.
4. Negotiations pertaining to pay and hours should be negotiated between the athletic trainer and the coach.

## XVI. Coverage Policy

### Practice

1. An attempt will be made to provide all traditional season teams with on-site coverage by a Certified Athletic Trainer. If circumstances do not allow for a Certified Athletic Trainer to be present on-site during practice, communication by walkie-talkie or cellular phone will be in place. During all practice times there will be a Certified Athletic Trainer available to respond within four minutes of all on campus practice facilities.
2. Non-traditional season practices will not be afforded on-site coverage by a Certified Athletic Trainer. Indirect non-traditional season practice coverage will only be extended during the regular athletic training room hours, 1pm to 7pm Monday- Saturday. No indirect coverage of non-traditional seasons will be provided on Sundays. Coaches who choose to practice during off times or Sundays will assume full responsibility for the health and safety of their student-athletes and are expected to follow the established sports medicine policies and procedures.
3. In the event of an emergency a Certified Athletic Trainer is not present on-site during a traditional or non-traditional season practice, the supervising coach should act in accordance with the Lawrence High School Sport Medicine Emergency Response Plan.
4. It is the head coach's responsibility to provide the Head Athletic Trainer with a tentative practice schedule at the beginning of each season, traditional or non-traditional. It is expected that the Head Athletic Trainer or Primary Athletic Trainer will be notified of any change in the practice schedule 48 hours prior to that change. The sports medicine staff will not cover practices that are scheduled or re-scheduled without adequate notification. In this case, the coach will become responsible for the safety of their athletes. Exceptions

to this rule include inclement weather and unforeseeable circumstances.

### Competition

1. On-site coverage by a Certified Athletic Trainer will be provided for all traditional season competitions hosted by Lawrence High School.
2. An attempt will be made to provide on-site coverage for all non-traditional season events hosted by Lawrence High School based on the demands of the home traditional season athletic schedule. During all competition times there will be a Certified Athletic Trainer available to respond within four minutes of all on campus competition sites.
3. The Lawrence High School ATC will travel to all away varsity football games. This will be the only sport that will require the ATC to travel with the team.
4. An Attempt will be made to provide all teams on-site coverage for conference championships. This decision will be based on the following factors; the risk of injury associated with the sport, the nature of the competition (single game, tournament), the level of care provided by the host institution, and the demands of home competitions.
5. Non-traditional season away competitions will not be afforded on-site coverage by a Lawrence High School Certified Athletic Trainer.
6. The Lawrence High School sports medicine staff will notify the host institution of any athletes that need taping or treatments prior to competition. An adequately stocked medical kit will be provided to any team traveling without an athletic trainer. The host institution will be responsible for providing any on-site care needed.
7. The head coach of those sports that will have an athletic trainer traveling with them are responsible for communicating departure times to either the Head Athletic Trainer or the Primary Athletic Trainer. If correct departure times are not communicated, away on-site coverage may not be provided.

### XVII. Pre-Participation Athletic Physicals and Emergency Cards

1. Every Lawrence High School student athlete must have a physical performed by the Lawrence High School Team Physicians or private physician prior to participating in any Lawrence High School athletic program. Athletes that cannot make the assigned physical dates and miss the team physicians may have their physical completed by their personal physician. However, in all cases, athletes must hand in copies of completed pre-participation physical forms to the nurse by the pre-determined date or that athlete will not be allowed to participate on that

athletic team--NO EXCEPTIONS. The physical will be reviewed by the school physician. Written notification will be sent to the parent stating approval of the student's participation in athletics or the reasons for restriction

2. Each student athlete must have a valid physical form in order to participate on a Lawrence Athletic Team. **A physical form is valid only for one year to the date of that physical.** Each student whose medical examination was completed more than 60 days prior to the first practice session shall provide a health history update. This shall be completed and signed by the parent.
3. All physical forms must be completed before the athlete may participate in their chosen sport in any form.
4. Once the team has been filled, it is the duty of the coach to distribute emergency cards to each athlete. In the event of an emergency, these cards will be used to contact a parent/guardian and dictate to what hospital that athlete goes to.

## XVIII. Emergency Response Plan

### **Personnel**

The responding personnel will vary from venue to venue based on coverage guidelines established by the sports medicine staff. In order to cover all the venues that Lawrence High School athletes participate at will require cooperation between many groups. All of the following groups are considered an integral part of all or some of the venue specific emergency response plans.

Certified Athletic Trainers  
Security Personnel  
Coaches  
Administrative Staff  
Lifeguards

The following emergency response plans have been created to make all of the groups aware of their specific roles in a medical emergency.

### **Communication**

Each venue specific emergency response plan identifies several ways in which EMS can be contacted and further help can be summoned. Many of the venues have a fixed telephone line that is easily accessible in case of an emergency, for those locations that do

not, a cellular phone or walkie-talkie relay system will be used. **Note:** In the event that a member of the sports medicine staff is not on site during an emergency due to coverage guidelines it is the coach's responsibility to initiate the Emergency Response Plan.

## **Equipment**

During an athletic event, all emergency medical equipment will be cared for and handled by the ATC. Additionally, during athletic events, the Police Officer on duty may have additional emergency equipment.

**NOTE: PERSONEL NOT CERTIFIED IN CPR ARE NOT ALLOWED TO OPERATE THE AED.**

Airway management equipment  
Splinting materials  
First aid supplies

Automatic External Defibrillator  
Bag Valve Mask  
Emergency blankets

**\*\*\*An emergency is a situation that needs immediate medical attention. Any situation where there is an obvious deformity of major limb, unconsciousness, suspected cervical spine trauma, or major respiratory distress is an emergency and EMS should be activated immediately. \*\*\***

**The following are protocol for emergencies occurring at venues used by Lawrence High School Athletics**

**Venue:** Lawrence High School Athletic Fields

**Emergency Personnel:** Certified Athletic Trainer on site for all practice and competitions during the traditional season, physicians (limited basis), coaching staff, and Lawrence High School Security Personnel.

**Emergency Communication:** Cellular phone system or fixed telephone lines located in the athletic training facility, main office and classrooms.

**Emergency Equipment:** Portable AED, splinting materials and first aid equipment.

**Emergency Response:**

1. Immediate care of the injured or ill student-athlete

2. Activation of EMS

- a. Call EMS or Lawrence PD, **DIAL (609) 896-1111 OR 911**. Provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility).
- b. Contact other members of the sports medicine staff if present on campus and further assistance is needed.

3. Directions of EMS to the scene

- a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
- b. Designated individual to flag down and direct EMS to the scene.
- c. Scene Control: limit the scene to emergency responders only, school security may assist emergency personnel with this task.

**Venue Directions:** Enter Lawrence High School from either Princeton Pike or Gainsboro Road. Soccer, field hockey and base/softball fields border Gainsboro Road. Continue to the northwest corner of the parking lot and follow that road to the practice and game football fields.

**Venue:** Lawrence High School Gymnasium

**Emergency Personnel:** Certified Athletic Trainer on site for all practice and competitions during the traditional season, physicians (limited basis), coaching staff, and Lawrence High School Security Personnel.

**Emergency Communication:** Cellular phone system or fixed telephone lines located in the athletic training facility, main office and classrooms.

**Emergency Equipment:** Portable AED, splinting materials and first aide equipment.

**Emergency Response:**

1. Immediate care of the injured or ill student-athlete
2. Activation of EMS



- a. Call EMS or Lawrence PD, **DIAL (609) 896-1111 OR 911**. Provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance via number system.
  - b. Contact other members of the sports medicine staff if present on campus and further assistance is needed.
3. Directions of EMS to the scene
- a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
  - b. Designated individual to flag down and direct EMS to the scene.
  - c. Scene Control: limit the scene to emergency responders only, school security may assist emergency personnel with this task.

**Venue Directions:** Enter Lawrence High School from either Princeton Pike or Gainsboro Road. Enter building via main entrance. Gymnasium is located down the hall to the left.

**Venue:** Lawrence High School Pool

**Emergency Personnel:** Certified Athletic Trainer on site for all practice and competitions during the traditional season, physicians (limited basis), coaching staff, and Lawrence High School Security Personnel.

**Emergency Communication:** Cellular phone system or fixed telephone lines located in the athletic training facility, main office and classrooms.

**Emergency Equipment:** Portable AED, splinting materials and first aid equipment.

**Emergency Response:**

1. Immediate care of the injured or ill student-athlete
2. Activation of EMS
  - a. Call EMS or Lawrence PD, **DIAL (609) 896-1111 OR 911**. Provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best

building entrance (front, back, or athletic training facility).

- b. Contact other members of the sports medicine staff if present on campus and further assistance is needed.

3. Directions of EMS to the scene

- a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
- b. Designated individual to flag down and direct EMS to the scene.
- c. Scene Control: limit the scene to emergency responders only, school security may assist emergency personnel with this task.

**Venue Directions:** Enter Lawrence High School from either Princeton Pike or Gainsboro Road. Enter building via doors 3 or 4. Pool entrance is directly behind atrium doors.

**Venue:** Lawrence High School Athletic Training Room

**Emergency Personnel:** Certified Athletic Trainer on site for all practice and competitions during the traditional season, physicians (limited basis), coaching staff, and Lawrence High School Security Personnel.

**Emergency Communication:** Cellular phone system or fixed telephone lines located in the athletic training facility, main office and classrooms.

**Emergency Equipment:** Portable AED, splinting materials and first aid equipment.

**Emergency Response:**

1. Immediate care of the injured or ill student-athlete
2. Activation of EMS
  - a. Call EMS or Lawrence PD, **DIAL (609) 896-1111 OR 911**. Provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility).
  - b. Contact other members of the sports medicine staff if present on

campus and further assistance is needed.

3. Directions of EMS to the scene
  - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
  - b. Designated individual to flag down and direct EMS to the scene.
  - c. Scene Control: limit the scene to emergency responders only, school security may assist emergency personnel with this task.

**Venue Directions:** Enter Lawrence High School from either Princeton Pike or Gainsboro Road. Enter building via door 4. Athletic training room is located down the hall on the left.

**Venue:** Zimmerman Fields (Soccer)

**Emergency Personnel:** Certified Athletic Trainer on site for all practice and competitions during the traditional season, physicians (limited basis), coaching staff, and Lawrence High School Security Personnel.

**Emergency Communication:** Cellular phone system

**Emergency Equipment:** Portable AED, splinting materials and first aide equipment.

**Emergency Response:**

1. Immediate care of the injured or ill student-athlete
2. Activation of EMS
  - a. Call EMS or Lawrence PD, **DIAL (609) 896-1111 OR 911**. Provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility).
  - b. Contact other members of the sports medicine staff if present on campus and further assistance is needed.
3. Directions of EMS to the scene
  - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for

opening any access gates necessary to get to the site.

- b. Designated individual to flag down and direct EMS to the scene.
- c. Scene Control: limit the scene to emergency responders only, school security may assist emergency personnel with this task.

**Venue Directions:** Enter Zimmerman Fields from Eggert Crossing Road. Nearest intersection is Eggert Crossing Road and Route 206. Instruct ambulance to drive up to Varsity Soccer Fields or Babe Ruth Baseball field.

**Venue:** Mercer County Community College Fields (Soccer, Field Hockey)

**Emergency Personnel:** Certified Athletic Trainer on site for all practice and competitions during the traditional season, physicians (limited basis), coaching staff, and Lawrence High School Security Personnel.

**Emergency Communication:** Cellular phone system

**Emergency Equipment:** Portable AED, splinting materials and first aid equipment.

**Emergency Response:**

1. Immediate care of the injured or ill student-athlete
2. Activation of EMS
  - a. Call EMS or West Windsor-Plainsboro PD, **DIAL (609) 799-3533 OR 911**. Provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility).
  - b. Contact other members of the sports medicine staff if present on campus and further assistance is needed.
3. Directions of EMS to the scene
  - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
  - b. Designated individual to flag down and direct EMS to the scene.
  - c. Scene Control: limit the scene to emergency responders only, school

security may assist emergency personnel with this task.

**Venue Directions:** Nearest intersection is Edinburg and Hughes. Enter Mercer Community College from Edinburg Road and turn right on roadway wrapping around to back of campus. Instruct ambulance to drive up to soccer/field hockey fields located off of that road.

**Venue:** Central Mercer County Park (Ice Hockey)

**Emergency Personnel:** Certified Athletic Trainer on site for all practice and competitions during the traditional season, physicians (limited basis), coaching staff, and Lawrence High School Security Personnel.

**Emergency Communication:** Cellular phone system

**Emergency Equipment:** Portable AED, splinting materials and first aide equipment.

**Emergency Response:**

1. Immediate care of the injured or ill student-athlete
2. Activation of EMS
  - a. Call EMS or West Windsor Plainsboro PD, **DIAL (609) 799-3533 OR 911**. Provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility).
  - b. Contact other members of the sports medicine staff if present on campus and further assistance is needed.
3. Directions of EMS to the scene
  - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
  - b. Designated individual to flag down and direct EMS to the scene.
  - c. Scene Control: limit the scene to emergency responders only, school security may assist emergency personnel with this task.

**Venue Directions:** Nearest intersection is Hughes and Paxton. Enter Mercer Community Park from Hughes Road and follow roadway for approximately 1/4 mile. Instruct ambulance to follow skating rink signs.

**Venue:** Lawrenceville Prep Ice Rink

**Emergency Personnel:** Certified Athletic Trainer on site for all competitions during the traditional season, physicians (limited basis), coaching staff, and Lawrence High School Security Personnel.

**Emergency Communication:** Cellular phone system

**Emergency Equipment:** Portable AED and first aide equipment.

**Emergency Response:**

1. Immediate care of the injured or ill student-athlete
2. Activation of EMS
  - a. Call EMS or Lawrence PD, **DIAL (609) 896-1111 OR 911 by cell phone or 911 or 5555 from land line.** Provide dispatcher with name, location, telephone number, number of victims, condition of victims.
  - b. If using cell phone to dial EMS, ontact other members of Lawrenceville Security at **(609) 896-0509** to direct EMS Crew and for further assistance.
3. Directions of EMS to the scene
  - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
  - b. Designated individual to ðflag downö and direct EMS to the scene.
  - c. Scene Control: limit the scene to emergency responders only, school security may assist emergency personnel with this task.

**Venue Directions:** Nearest intersection is Franklin Corner Road and Rt. 206. Go to guarded gate located on Rt. 206 and meet with awaiting Lawrenceville Prep security for assistance.

