-ARCHBISHOP MURPHY HIGH SCHOOL-

-Emergency Action Plan 2025-

PURPOSE

The following information is to provide Archbishop Murphy High School personnel (ATCs, coaches, staff, administrators, local police and fire) an accurate guideline when attending and responding to an athletic emergency. Although we hope that we may never need to use this system, the emergency protocol is established for the safety of the athlete. Time is critical when dealing with an emergency situation in the athletic setting. A plan enables the athletic training team (athletic trainer, coach, S&C coach, and athletic director) to act in a rapid and accurate manner when an emergency arises. Emergency planning in athletics should account for an event involving a game official, fan, or a sideline participant as well as the participating athlete. It is extremely important to know and understand your role on the emergency team.

PREVENTION

Many emergency situations can be prevented, but being prepared can mean life or death in any situation. It is preferred that every coach at AMHS:

1. Recognize a serious injury and make prompt decisions regarding the need for acute care.
2. Provide efficient first aid, as well as preventive measures whenever possible.
3. Complete and maintain First Aid and CPR/AED certification.
4. Report any damaged equipment, poor field conditions, or dangerous weather (lightning) to the proper authorities (athletic director, assistant athletic director, athletic trainer).
5. Be responsible for their team when practicing or in competition.

Prior to the start of every game or practice, both the ATC and coach should check their medical kit, which can be obtained from the athletic training room at the start of each season. They should also obtain copies of their team's health information including emergency contact information and keep this in the kit.

PROCEDURE

In the event of an injury to an athlete, the following procedure should be followed:

1. The coach should contact the Athletic Trainer immediately. Once the ATC arrives follow their direction and assist when needed. Until the athletic trainer arrive follow the FIRST AID STEPS:
   CHECK - CALL - CARE.
   1. Get to the player immediately and determine if the athlete is conscious or unconscious.

   b. If the athlete is UNCONSCIOUS, do not straddle them but kneel down beside them and check for breathing, make sure the athlete has an unobstructed airway. If there is no breathing or pulse, CALL 911, begin rescue breaths/CPR as needed. Send help to get the nearest AED (located outside athletic office & in Athletic Training Room). In the event that the athlete has suffered a Sudden Cardiac Arrest (SCA), begin CPR immediately, get an AED and call 911.

In most situations, the Athletic Trainer will stay with the athlete while making the call for the ambulance. However; if the coach or another individual is instructed to call for an ambulance, stay on the phone and do not hang up.

-INFORMATION TO GIVE 911 DISPATCHER-

YOUR NAME
LOCATION (ARCHBISHOP MURPHY HIGH SCHOOL, 12911 39th Ave SE, Everett, WA 98208)
POTENTIAL INJURY
NUMBER OF INJURED
CARE PROVIDED
ADDITIONAL INFO AS REQUESTED
(Vital signs medical history etc.)

DOCUMENTATION

With emergency sports related injuries or hospitalization that may occur, it will be the Athletic Trainer's responsibility for getting any necessary paperwork/communication and information to the District Athletic Coordinator, Health Center, Administration's Office, Coaches, Parent/guardian.

If an ambulance is necessary for transportation, a coach, faculty member or adult MUST travel with the athlete. The athlete is NOT allowed to travel alone. Upon arrival at the hospital, identify yourself as a AMHS coach/faculty member. Contact parent immediately once you arrive, continue to communicate with the parent and Athletic Trainer with information. In the event that the injury is NOT an emergency but still necessary to go to the hospital, it will be at the discretion of the Athletic Trainer, to ask the coach, parent, or another faculty member to provide transportation to the hospital. The Athletic Trainer/coaches will keep all parties updated and informed. It is the responsibility of the student and transportation team to bring paperwork back to the athletic trainer or athletic office.

EMERGENCY ACTION PLAN

EMERGENCY PERSONNEL: A certified athletic trainer is on-site for competitive play and mutually agreed upon practice hours.

EMERGENCY COMMUNICATION: In an emergency, the ATC should be contacted via cell phone. If this is not possible, a coach should send an assistant coach/athlete to the ATR while staying with the injured athlete. In the case of multiple sporting events happening at one time walkie talkies are available for use and are located in the athletic training room.

EMERGENCY EQUIPMENT: First aid supplies (athletic trainer's kit, biohazard bags, vacuum splints, crutches, immobilizers, and braces). There are three(3) **Automatic Electronic Defibrillator's (AED's) located on AMHS's immediate campus at all time. These are located in Grace Hall (Inside Athletic Training Room), Heath Hall (Second floor next to elevator), and Holy Cross Hall (Front Entryway). Please see Appendix A for map of locations. During athletic competitions the AED located in Grace Hall will be with the ATC and their equipment that will be made aware to coaches prior to competition.**

ROLES OF EMERGENCY CARE TEAM MEMBER/FIRST RESPONDERS:

1. Immediate care/assessment of injured/ill student-athlete.
2. Emergency equipment retrieval (appropriate for the emergency)
3. Activate the emergency medical system by calling 911.

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ADDITIONAL INFO AS REQUESTED (Vital signs medical history etc.)

All Athletic venues are listed with actionable steps, venue directions in case of loss of power or lack of GPS access, and further instructions for care team members including maps of the venue and maps of the buildings.

TERRY ENNIS STADIUM AND FIELD

-Call Athletic Trainer if not present. EMS will be directed to the South entrance of the field through the gate by an administrator, game manager, campus security, or assistant coach. Medical physician, if present during football games, shall take charge of victim's care (during football games only.) For all other athletic events occurring on the field, the athletic trainer shall instruct coaches, parents, other athletes to help as needed. This may include grabbing other medical kits and supplies, directing EMS, opening gates/doors, etc.

VENUE DIRECTIONS From I-5 take the 128th Street. exit (exit 186). Turn east onto 128th Street and proceed about 2.5 miles. (Note: 128th Street becomes 132nd Street at Bothell-Everett Highway.) Go through the light at 35th Ave SE and watch for the AMHS reader board sign on your left. Turn left on 39th Ave. SE, just after buffalo square and the Chevron gas station if you've passed Penny Creek Elementary school you've just missed our Road. Follow 39th Ave (Wildcat Way) to the end of the road which is the beginning of the school's property. Terry Ennis Stadium is directly straight ahead as you enter campus with the south entrance to the right of the press box towards the school buildings. See Appendix B for direct map.

ROMAN MILLER FIELD, SOFTBALL FIELD, UPPER FIELD

-Call Athletic Trainer if not present. EMS shall be directed through the front school entrance, heading East to the back of the school, up the gravel access road in the northwest corner of the field that leads up to the fields. From there, the athletic trainer will direct appropriate personnel to help guide EMS to the location of the injury, as well as direct those to help take down baseball or softball fencing so that the ambulance may proceed to the site of the injury unhindered.

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HOLY CROSS HALL AND INDOOR GYMNASIUM

-Call Athletic Trainer if not present. If the emergency is on the volleyball/basketball court, EMS shall be directed through the southeast entrance doors (Front of Holy Cross hall) or directly to the court through the Northwest rear doors and onto the court. The athletic trainer will instruct a coach, parent, or fellow player to help flag down and guide EMS to the site of the emergency or injury. If the injury is upstairs in any classroom, EMS shall be directed by a staff member or student to the southwest doors, through the foyer, and up the elevator to the site of the emergency or injury.

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GRACE HALL AND WEIGHT ROOM

-Call Athletic Trainer if not present. EMS shall be directed through the parking lot, up the service road directly East of Terry Ennis Stadium, towards the bottom floor of Grace hall. If the emergency is in the weight room, EMS can be escorted through the bottom floor door entry way to the weight room located at the west of Terry Ennis Stadium. If the emergency/ injury is on floor 1 or 2, EMS can be directed to the elevator in the Northeast corner of the weight room and up to the appropriate floor of the emergency. An appropriate AMHS staff member will be directed to help escort or direct EMS.

VENUE DIRECTIONS From I-5 take the 128th Street. exit (exit 186). Turn east onto 128th Street and proceed about 2.5 miles. (Note: 128th Street becomes 132nd Street at Bothell-Everett Highway.) Go through the light at 35th Ave SE and watch for the AMHS reader board sign on your left. Turn left on 39th Ave. SE, just after buffalo square and the Chevron gas station if you've passed Penny Creek Elementary school you've just missed our Road. Follow 39th Ave (Wildcat Way) to the end of the road which is the beginning of the school's property. Terry Ennis Stadium is directly straight ahead as you enter campus. Turn immediately right and then the first left to the service entrance road at the south end of the stadium. See Appendix E for direct map.

HEATH HALL

-Call Athletic Trainer if not present. EMS will be directed by an AMHS staff member or student to the appropriate floor of Heath Hall, depending on which floor the emergency is on. If the emergency is on the **first floor**, EMS can pull into the parking lot and enter the building through the front office entrance on the East side of the building. If on the **second floor,** EMS can pull around the West side of the building and enter through the doorway to the site of the emergency/injury

VENUE DIRECTIONS From I-5 take the 128th Street. exit (exit 186). Turn east onto 128th Street and proceed about 2.5 miles. (Note: 128th Street becomes 132nd Street at Bothell-Everett Highway.) Go through the light at 35th Ave SE and watch for the AMHS reader board sign on your left. Turn left on 39th Ave. SE, just after buffalo square and the Chevron gas station if you've passed Penny Creek Elementary school you've just missed our Road. Follow 39th Ave (Wildcat Way) to the end of the road which is the beginning of the school's property. Turn immediately right and then the first left to the front of Heath Hall for direct access to first floor. For the second floor go slightly up hill for the entry way to the East of Heath Hall. See Appendix F for direct map.

WEST COAST AQUATICS CENTER

-Contact nearest lifeguard for assistance. Activate EMS, have a west coast aquatics center staff member direct ambulance into the parking lot off of Country Club Drive. When EMS has arrived and taken over on scene, call the athletic trainer and notify them of the situation.

VENUE DIRECTIONS From I-5 North take 164th Street SW (Exit 183). Continue on 164th Street SW, as this will turn into Mill Creek Road. Turn left onto Village Green Drive and then turn left onto Country Club Drive. Turn right to stay on Country Club Drive. Destination will be on your right.

Gateway Middle School

-Contact EMS and have an AMHS coach, staff member, or student direct them South through the parking lot off of 156th St. SE and lead them to the track where the injured athlete is located. The coach will be first in command until the arrival of EMS. When EMS has taken over on scene, call the athletic trainer and notify them of the situation.

VENUE DIRECTIONS From I-5 North take exit 183 onto 164th St SW. ContinueEast on 164th St SW for 3.4 miles, then turn right onto 35th Ave SE. Take the next left onto 156th St SE, to continue Eastbound for 1.5 miles. Turn right into the Gateway Middle School parking lot at the end of 156th St SE. If you are on Silver Firs Dr you have gone too far. An AMHS coach, faculty member, or student will guide EMS through the parking lot to the track or where the injured athlete is.

GENERAL INFORMATION

EVALUATION OF THE UNCONSCIOUS ATHLETE

If the athlete is unconscious after trying to wake them, CALL 911. Assume the athlete has a serious head or neck injury. DO NOT MOVE THEM. Moving the athlete may cause further and possibly permanent damage. Place hands on either side of the head to stabilize the neck until the evaluation is complete. DO NOT remove or un-strap the helmet if a helmet is being worn until medical staff is present to continue the evaluation.

EVALUATION OF THE CONSCIOUS ATHLETE

First try to calm the athlete and assure them they are being cared for. Get a brief history of what has happened. Keep athlete in the found position until a head or spine injury is ruled out. Check their mental status and their orientation to time and space. Ask them obvious questions such as "what day is it?". Check signs and symptoms including dizziness, headache, nausea, pain etc.

RULE OUT NECK INJURY: Performed by ATC or other healthcare provider ONLY.

The athlete should not move unless they have:

- NO neck pain or tenderness
- NO pain or numbness/tingling in arms or legs
- Normal sensation to touch on chest, arms, legs hands, and feet.
- Can they make a fist, bend elbow, move arm, curl toes, and move ankle up and down, and move legs

CONCUSSION POLICY:
A concussion is a Mild Traumatic Brain Injury (mTBI) that occurs after sustaining forces to the head. This can be a potentially life threatening injury if left untreated and activity is continued. If the athlete shows concussion like signs and reports symptoms the athlete has perhaps sustained a concussion. An athlete does not have to lose consciousness in order to have had a concussion.
The student athlete who has been removed from play shall not return to play on the same day and should be removed from activity until he or she is evaluated by the athletic trainer (and physician/health care provider). An athlete must successfully complete a return to play protocol and BE CLEARED BY A PHYSICIAN.

Signs and symptoms of a concussion may include but are not limited to: loss of consciousness, dizziness, headache, nausea, vomiting, loss of concentration, memory loss, and balance issues, sensitivity to light and noise, feeling slowed down, loss of concentration.
Not everyone experiences concussion to the same degree and as such are treated on an individual basis. There is no set time to recover from a mild traumatic brain injury. The Return to Play protocol shall begin once the athlete has been symptom free for 24 hours.

RETURN TO PLAY PROTOCOL:
Day 1: Light Cardiovascular Activity for 20 minutes (bike, walk). Re-evaluation by ATC, wait 24 hours.
Day 2: Progress Intensity of activity if symptom free. 30 minutes total (jogging, weight training). ATC evaluation.
Day 3: Advance activity if symptom free for 24 hours. Sport specific drills, sprinting, non-contact practice. ATC evaluation.
Day 4: Advance to full practice if symptom free for 24 hours. Contact drills, live drills etc. ATC Evaluation.
Day 5: Advance to unrestricted participation if cleared by physician and symptom free for 24 hours.

***if at any level of return to play the symptoms return, report to ATC and regress to previous step.**
*** Clearance of the athlete will come from ATC and treating physician's collaboration**
*** Clearance will not be given to the athlete from an outside source(s).**

CONFIDENTIALITY:
It is the Athletic Trainers policy NOT to discuss athlete's injuries with anyone other than the student's parent, coach and/or advisor on a need to know basis under the oath of HIPPA/FERPA. Other situations may arise where it may be necessary to include additional faculty members in the injury discussion. We strongly advise coaches to follow these guidelines to protect the privacy of their athletes.

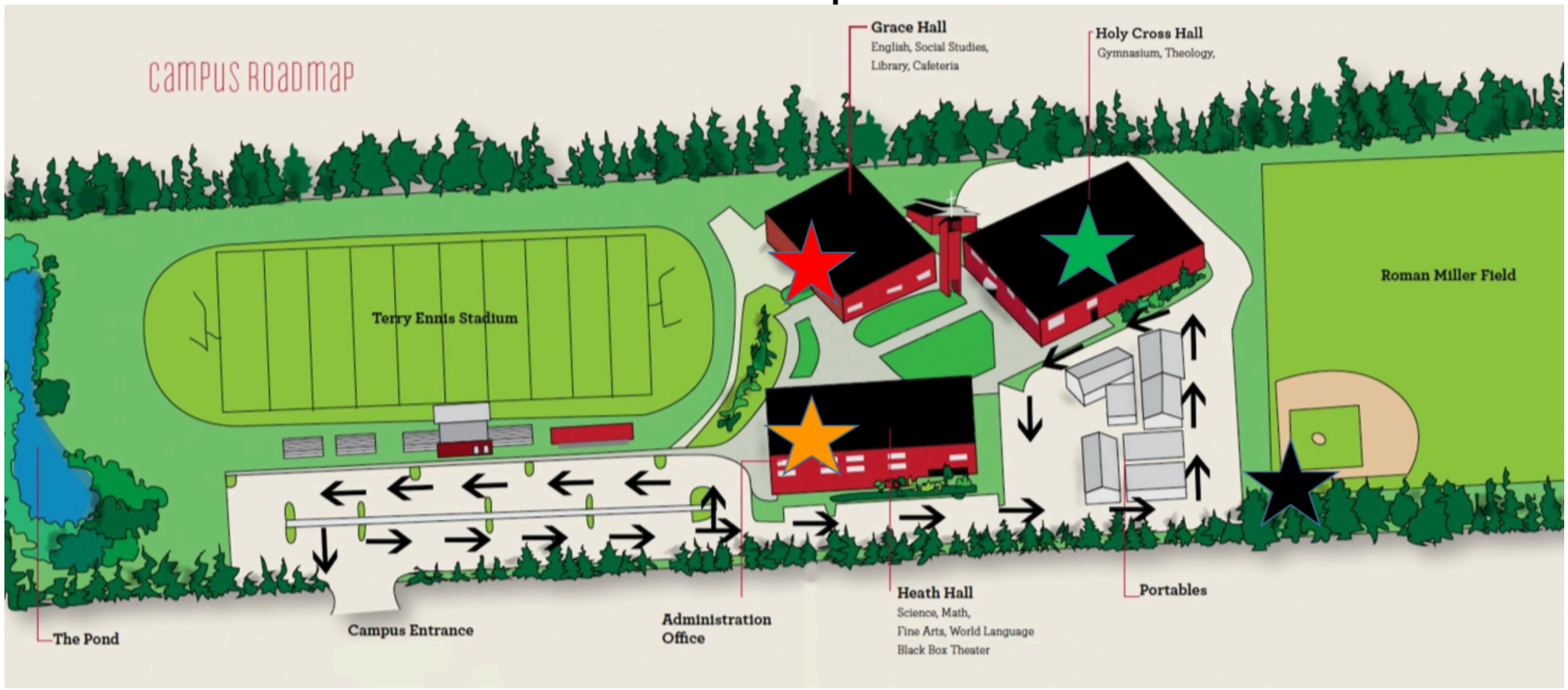
LIGHTNING POLICY:
The policy is in accordance with The National Athletic Trainer Association's Position Statement. Once thunder is heard and/or lightning is seen, play is suspended and play will not resumed until 30 minutes following the last lightning strike. Promote lightning safety. Use reliable means to monitor local weather. Identify safe location from lightning hazard in advance. Athletic Trainer/AD or official may make the decision to remove individuals from the field or activity. Know the closest "safe shelter" location. "When thunder roars, Go indoors"

IMPORTANT PHONE NUMBERS:

Emergency Medical Service		911
Fire Department	Snohomish County 1	425-551-1200
Athletic Director	Jeff Latta	206-769-4033
Head Athletic Trainer	Julian Bilger	425-565-3314
Team Physician	1. Dr. Doug Pepple	CALL CLINIC OR HEAD ATC
Team Physical Therapy	IRG PT	1. Gateway Clinic: 425-686-7655 2. Silver Lake Clinic: 425-337-3166
Director of Strength & Conditioning; Director of Wellness	Jordan James	425-553-2326
Vice Principle	Thomas Wier	
ER/ Hospital	Providence – Everett	425-261-2000
Urgent Care	Evergreen Helath- Mill Creek	425-225-1234

Appendix A: AED Locations

AED ACCESS – 4 AED's On Campus at All times



Athletic Training Room,
Basement of Grace Hall

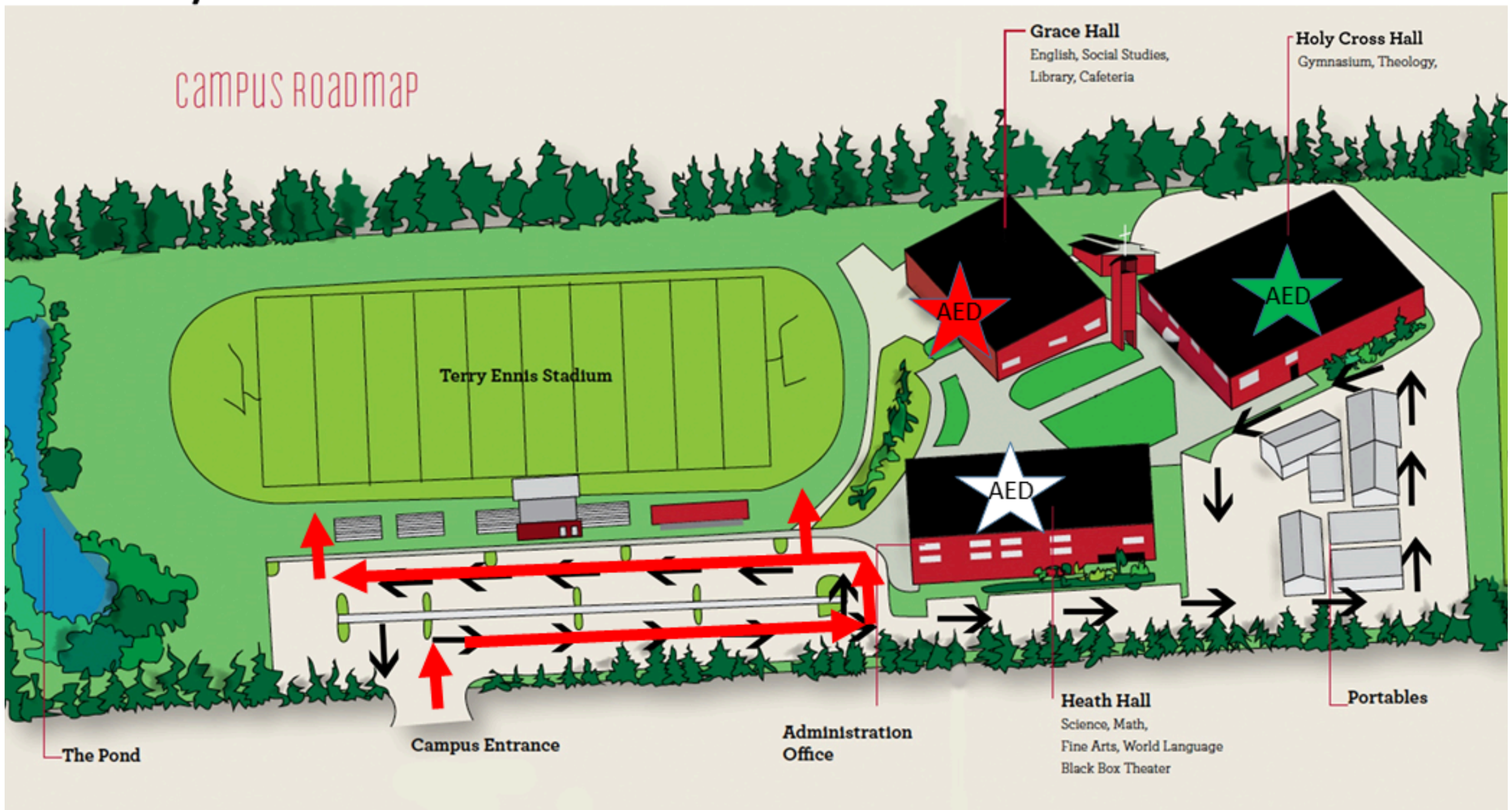
Heath Hall
2nd Floor

Gymnasium Entry Way,
Holy Cross Hall

Baseball Press Box
Roman Miller Field

Appendix B: Terry Ennis Stadium Directions and Map

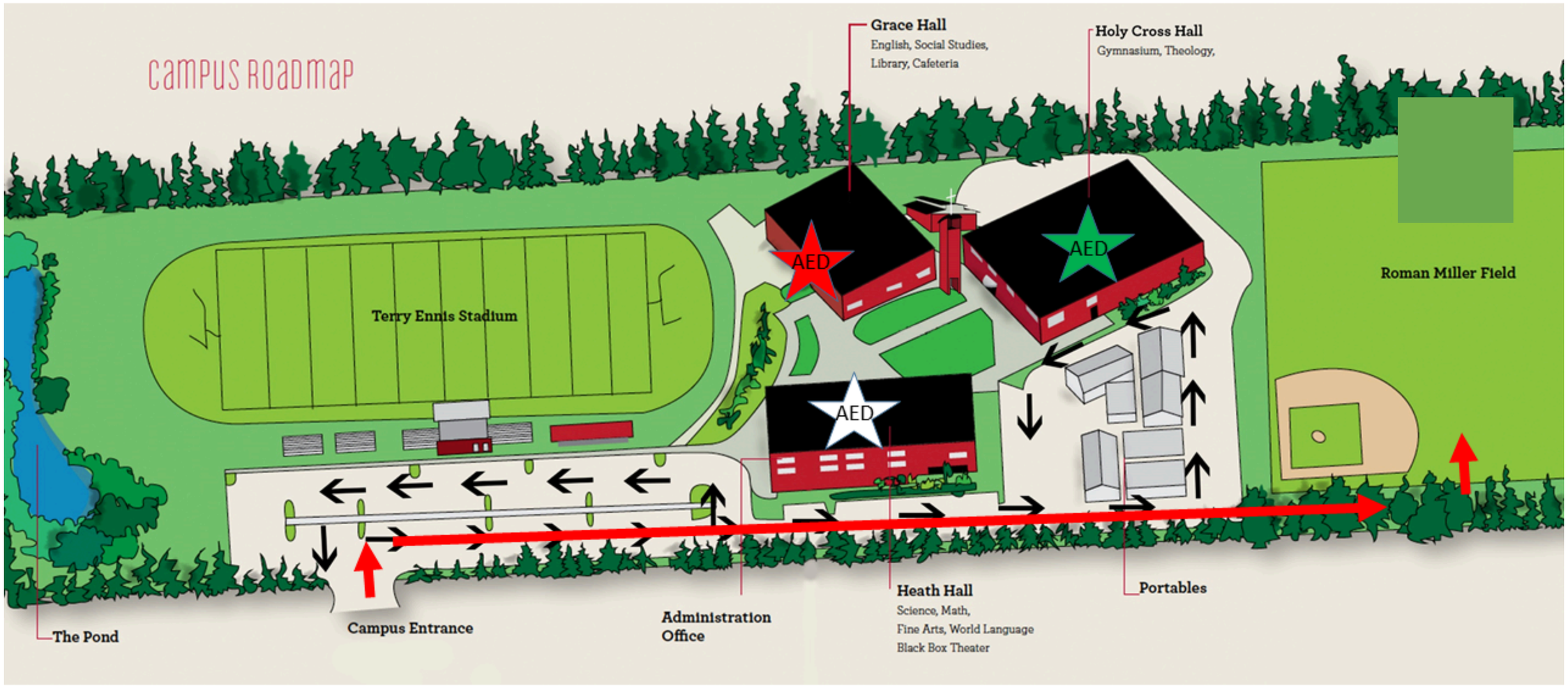
Terry Ennis Stadium – Red Arrow for EMS



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Appendix C: Roman Miller Field, Upper Field Directions and Map

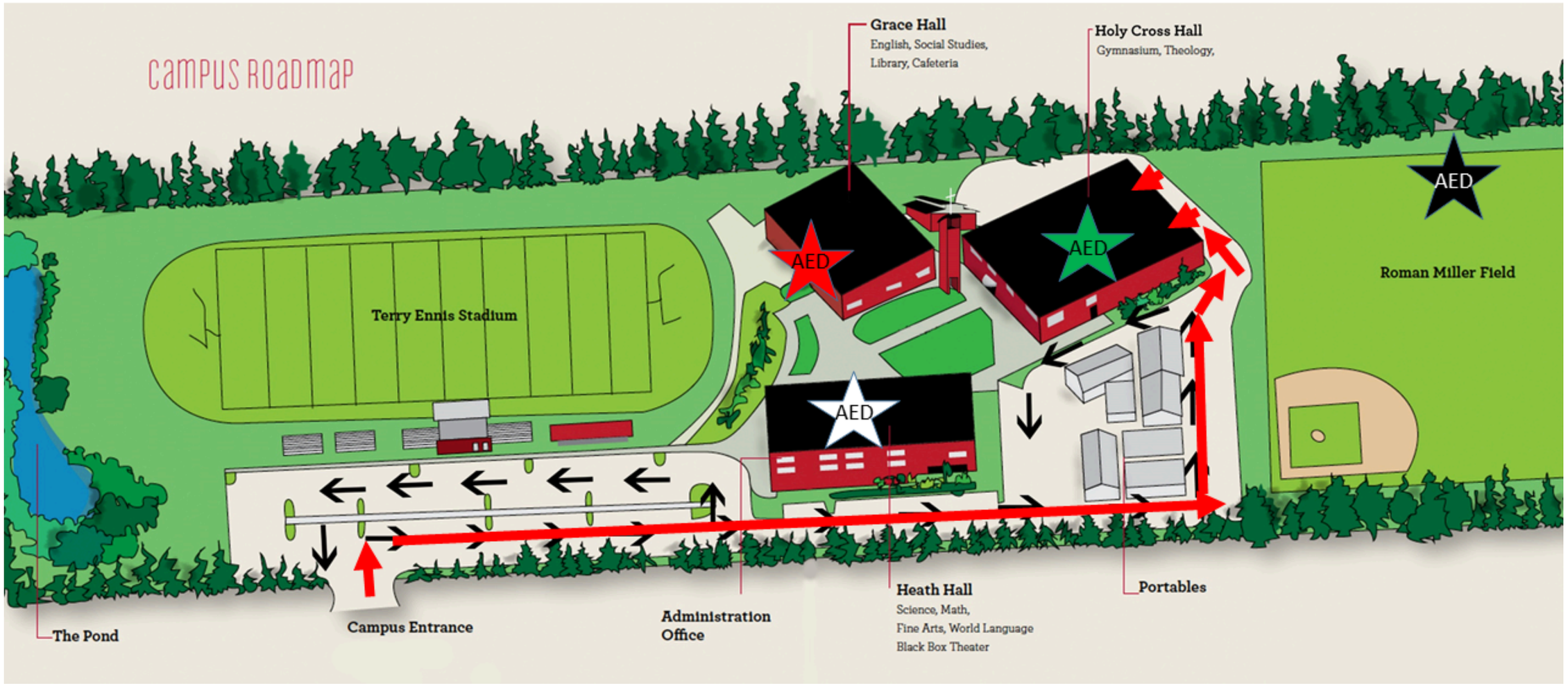
ROMAN MILLER FIELD, SOFTBALL FIELD, UPPER FIELD - Red Arrow for EMS



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Appendix D: Holy Cross Hall and Gym Directions and Map

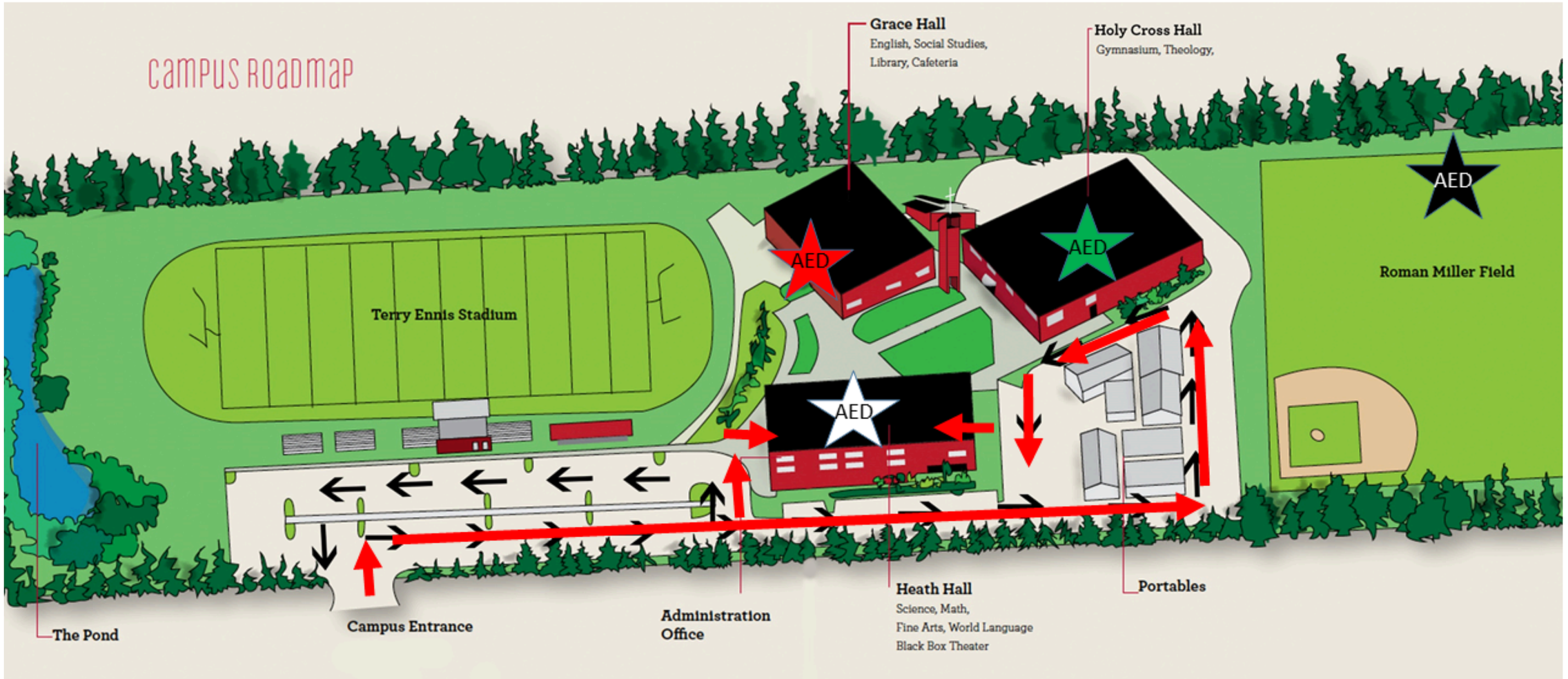
HOLY CROSS HALL AND INDOOR GYMNASIUM -Red Arrow for EMS (GYM ONLY)



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Appendix E: Heath Hall Directions and Map

HEATH HALL – Red Arrow for EMS



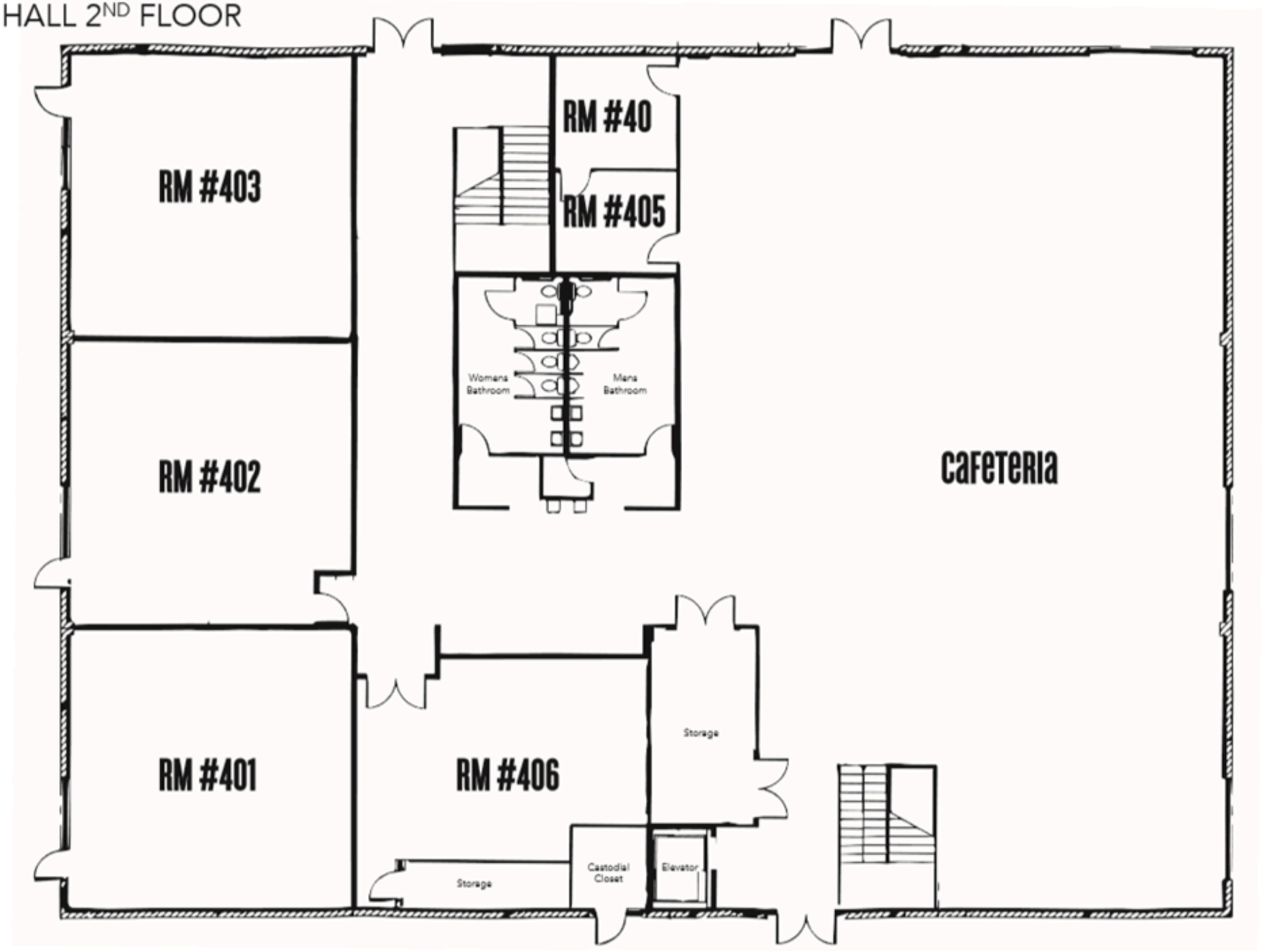
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GRACE HALL 1ST FLOOR

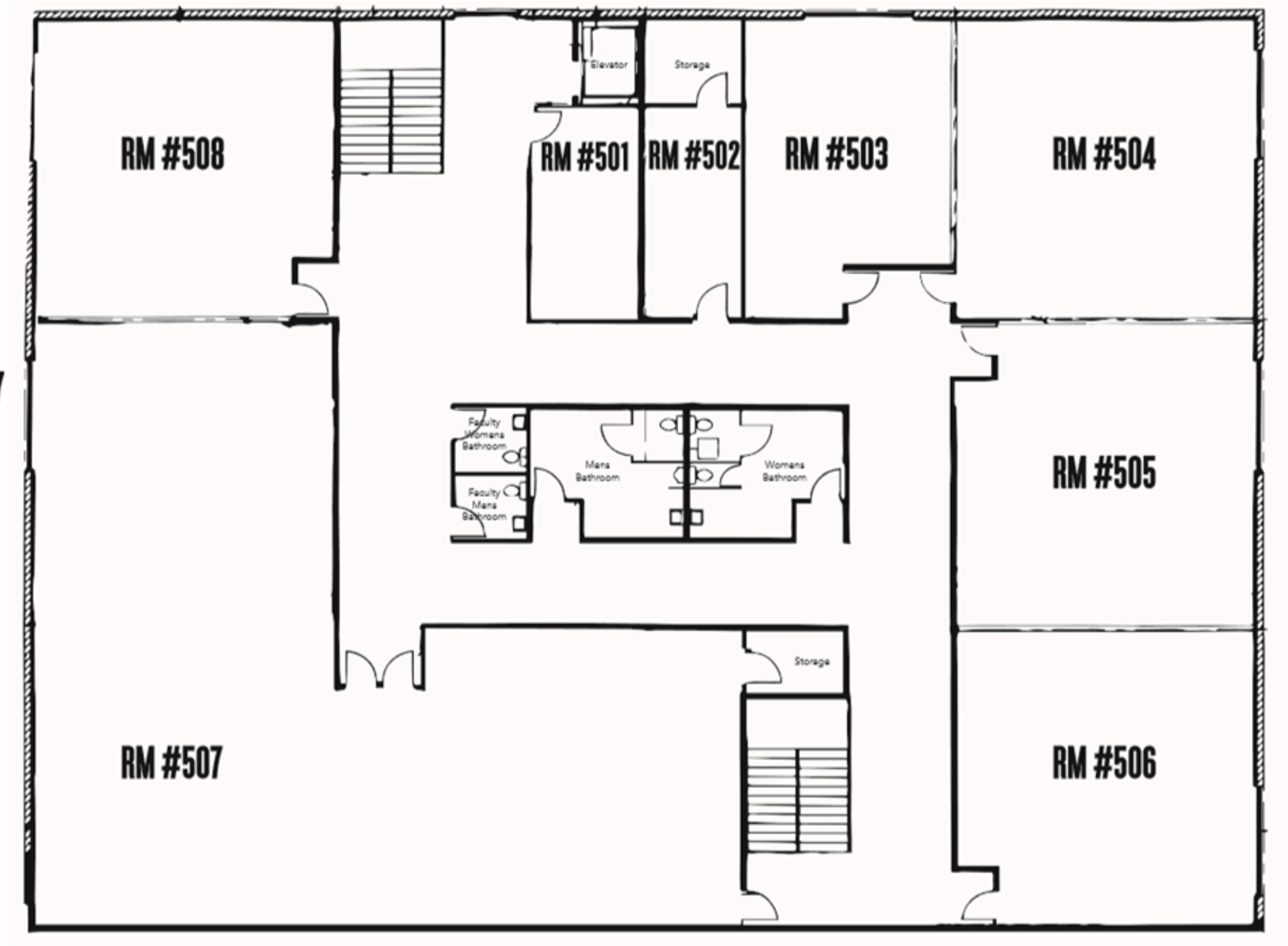
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GRACE HALL 2ND FLOOR

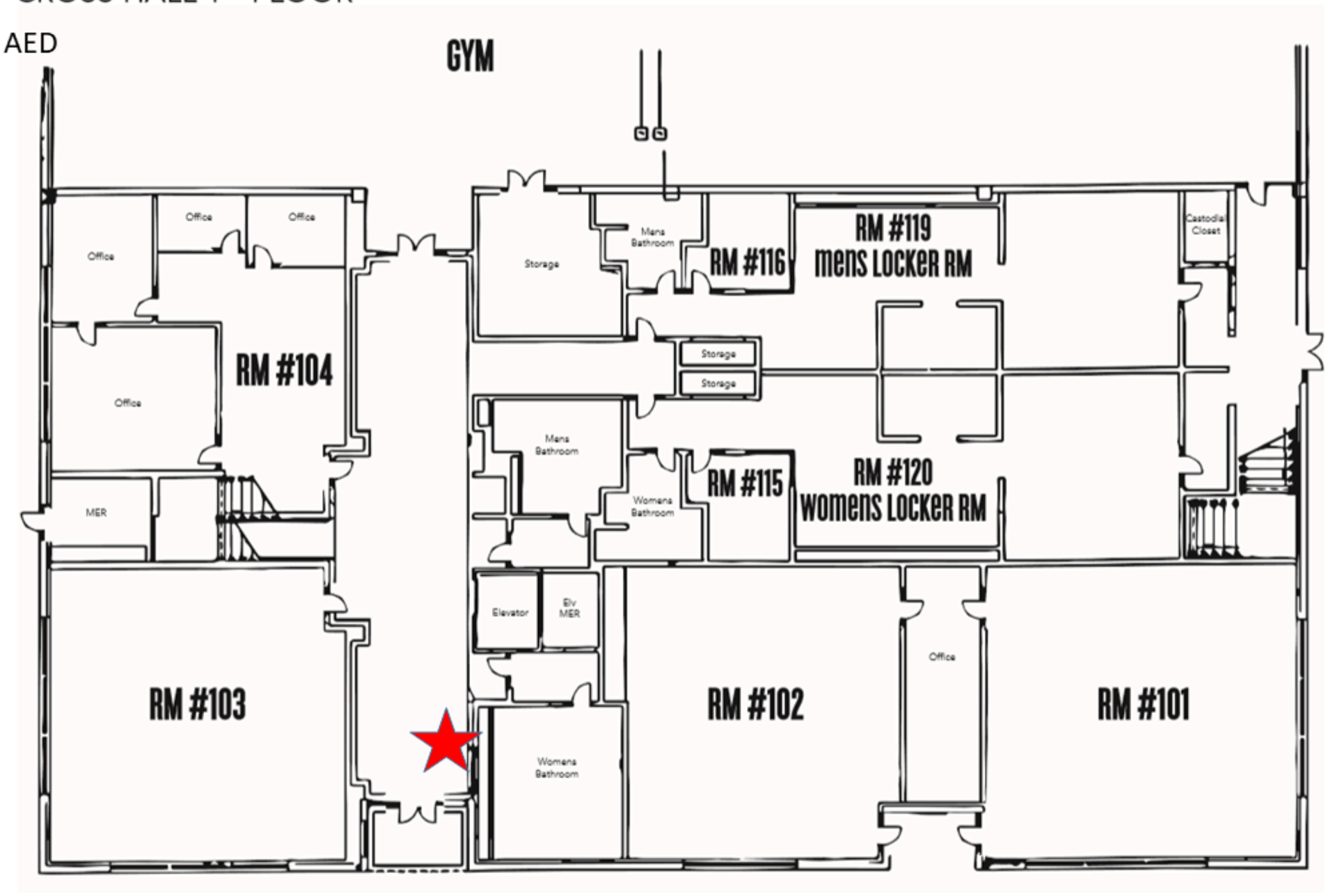


GRACE HALL 3RD FLOOR

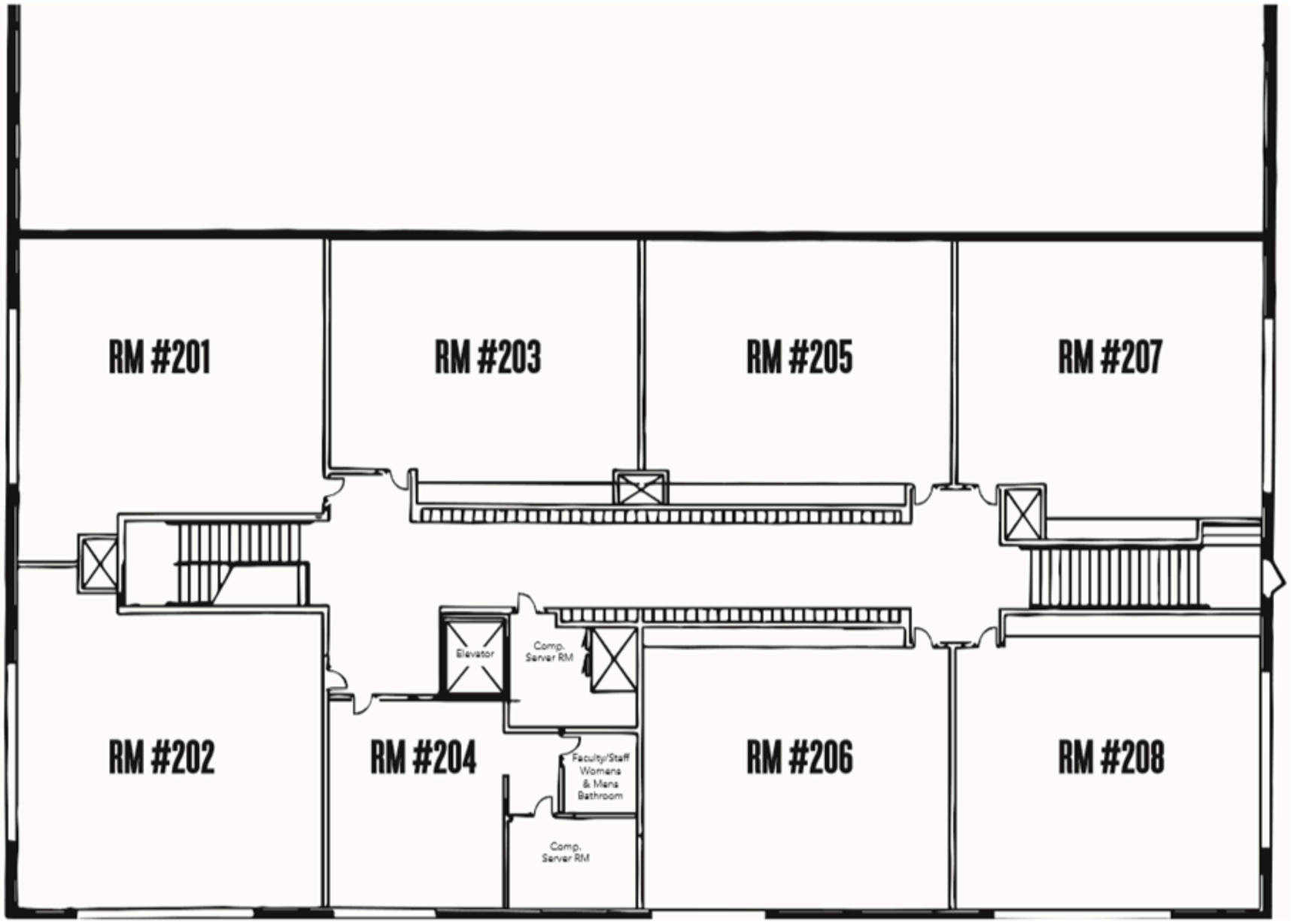


HOLY CROSS HALL 1ST FLOOR

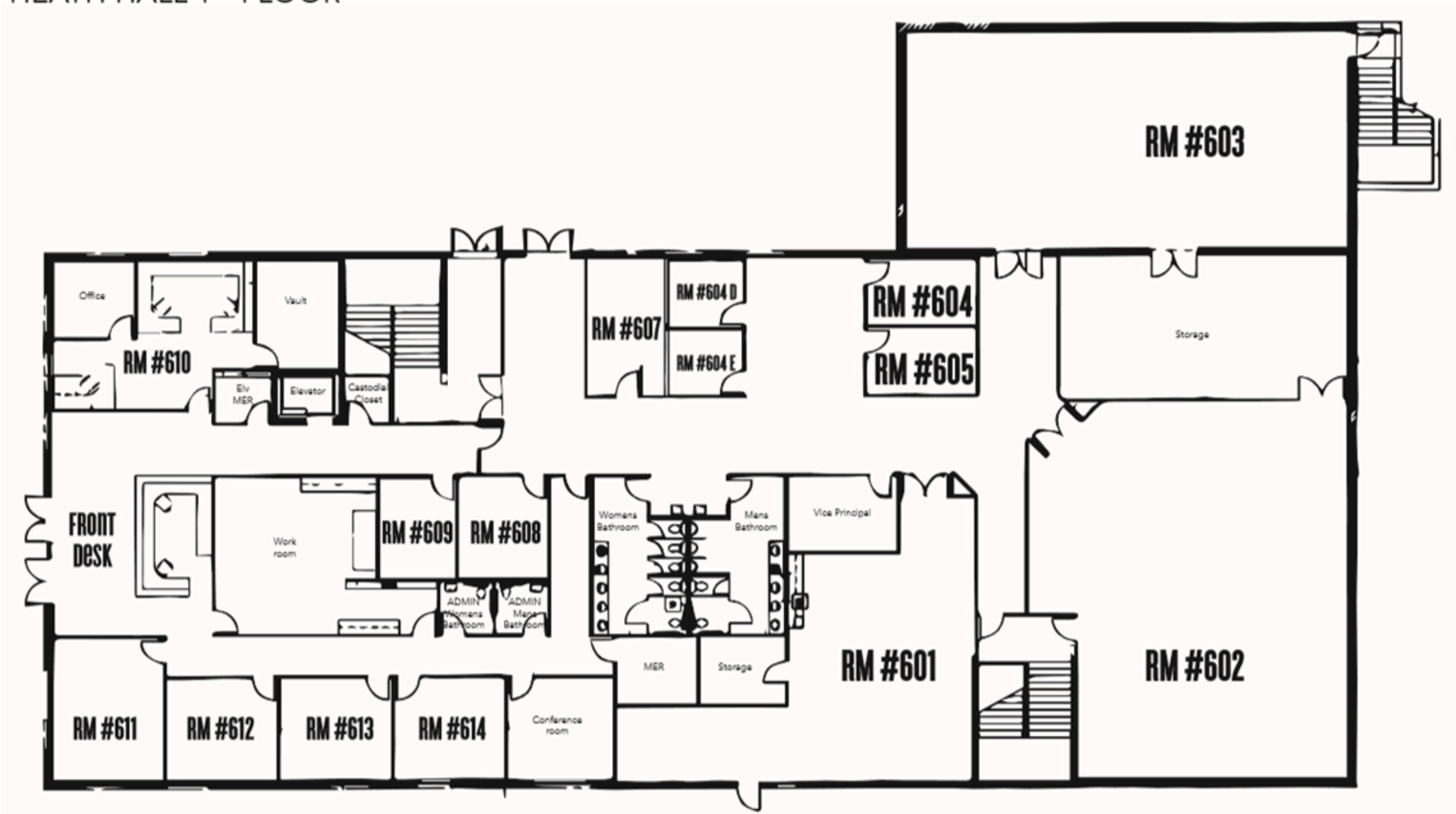
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HOLY CROSS HALL 2ND FLOOR

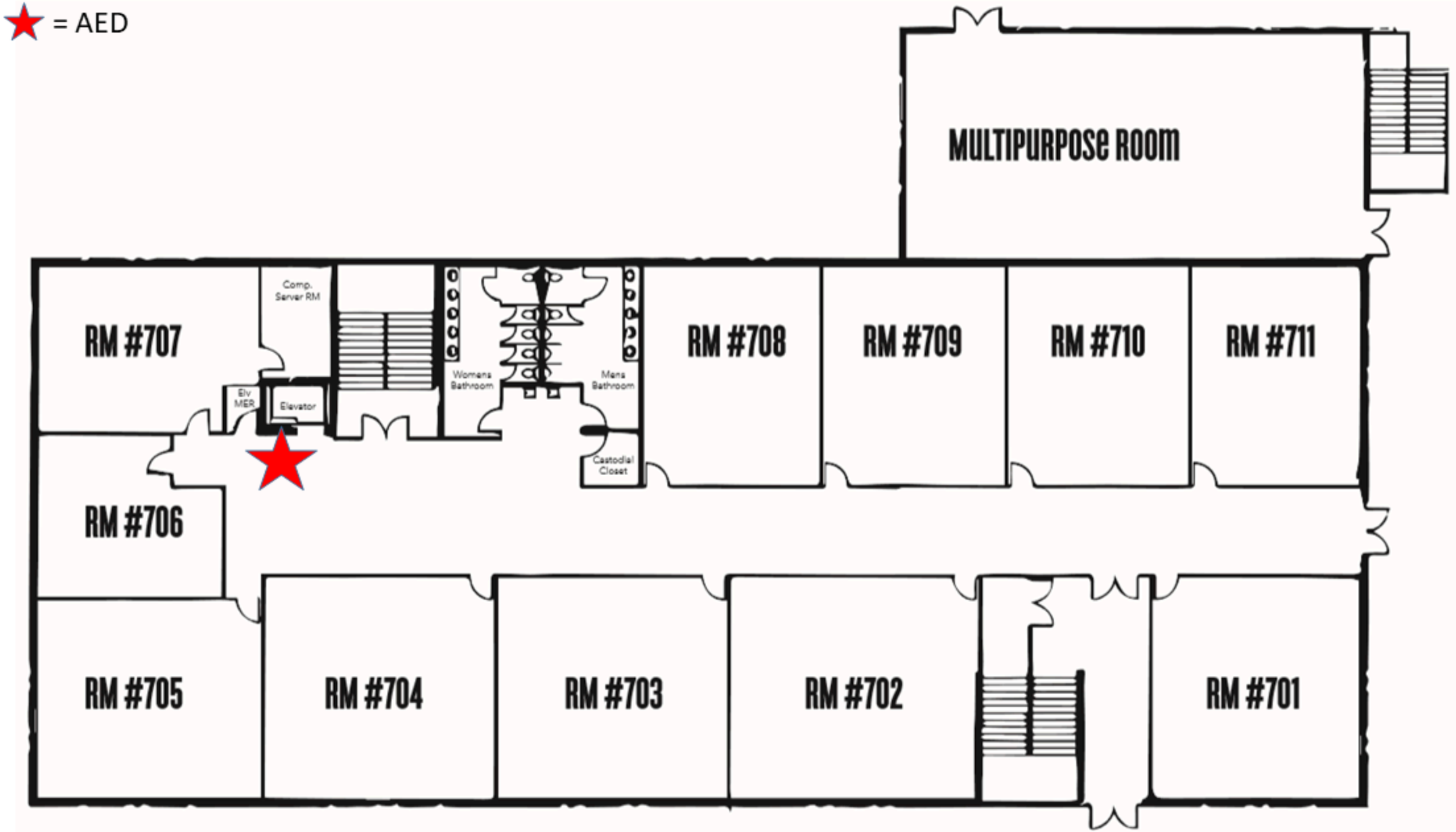


HEATH HALL 1ST FLOOR



HEATH HALL 2ND FLOOR

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HEATH HALL 3RD FLOOR

