UNIVERSITY OF MARYLAND SPORTS MEDICINE DEPARTMENT

Emergency Action Plan

{updated as of *03/02/05* }

The following emergency plan is a general outline for the University of Maryland's Sports Medicine Department. Specific emergency plans for each individual sport and/or athletic facility / venue detailing emergency phone numbers, entrances and access routes, emergency phone locations, etc. are available in each sports medicine facility and can be found in the Appendix of this manual. It is expected that every full-time staff, intern, and student athletic trainer will make themselves 100% knowledgeable about all facets of the Emergency Action Plan.

EMERGENCY COMMUNICATION HAND SIGNALS-

- *"raised fist"-* physician is needed *(football = orthopedic physician)*
- *"crossed arms" (above head)* *medical physician is needed (football)*
- *"scuba OK" (pat top of head)-* physician is not needed
- *"overhead circular"-* activate EMS immediately
- *"baseball safe signal"-* spineboard / stretcher is needed
- *"hand pumping motion"-* splints are needed
- *"steering wheel motion"-* cart / motorized transportation is needed
- *"fist pound on heart"-* automated external defibrillator (AED) / oxygen is needed

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EMERGENCY PHONE NUMBERS-

Ambulance/Police/Fire	**9-911** (on-campus phone) **911** (off-campus/pay phone)
Poison Control Center	**1-800-222-1222**
University of Maryland Police	(301) 405-3333
University of Maryland University Health Center	(301) 314-8162
Gossett Football Team House Athletic Training Room	**(301) 314-7340 / 9905 / 9906 / 9901 / 2663**
Team House Athletic Training Room	**(301) 314-8560 / 7113**
Comcast Center Athletic Training Room	**(301) 314-0340 / 7137 / 8156**
Men's Basketball Athletic Training Room	**(301) 314-7132**
Women's Basketball Athletic Training Room	**(301) 314-9445**

Cardiorespiratory, Medical, and/or Orthopedic Emergency occurring at a HOME practice session-

1. University of Maryland Sports Medicine Department personnel and other appropriate personnel will go onto the field / court to evaluate the student-athlete, administer basic life support (BLS), and stabilize the student-athlete until EMS arrives.
    - If the injury is a suspected football cervical spine injury, in-line head and shoulder stabilization will be maintained by University of Maryland Sports Medicine Department personnel and/or the team physician while the facemask and/or helmet and shoulder pads are removed as indicated using standard protocols .
    - If the injury is a suspected non-football cervical spine injury, in-line head and shoulder stabilization will be maintained by University of Maryland Sports Medicine Department personnel and/or the team physician as per standard protocols.
    - The student-athlete will be placed on a spine board using standard protocols.
    - If the injury is a suspected cardio-respiratory emergency, University of Maryland Sports Medicine Department personnel and/or other appropriate personnel will retrieve, set-up, and use the automated external defibrillator as per State of Maryland protocols.

2. University of Maryland Sports Medicine Department personnel, a member of the coaching staff, and/or other personnel will immediately use the closest available device to call EMS (**911 from a non-campus phone; 9-911 from a campus phone**) and direct them to the appropriate location.
3. After activating EMS, the designated individual should call the closest University of Maryland Sports Medicine Facility to notify them of the emergency situation and request that an AED be immediately brought to the emergency location (if applicable)-
    - Gossett Football Team House Athletic Training Room ***(301-314-7340)***
    - Athletic Team House Athletic Training Room ***(301-314-8560 / 7113)***
    - Comcast Center Athletic Training Room ***(301-314-7132 / 7137 / 1856)***
4. A member of the University of Maryland Sports Medicine Department should call the following persons to notify them of the emergency situation-
    a) Team Physician(s)-
        - Dr. Craig Bennett, MD ***(800-625-2578 pager)***
        - Dr. Yvette Rooks, MD ***(866-829-7062 pager)***
        - Dr. Michael Yorio, MD ***(800-625-2684 pager) / (410-212-8350 cell)***

    b) Darryl Conway, Assistant Athletic Director- Sport Medicine ***(240-417-6479)***
5. Designated members of the University of Maryland Sports Medicine Department (if available), members of the coaching staff, and/or other available personnel will proceed to pre-determined locations to wait for EMS, direct them to the proper location, and guide them onto the field / court.
6. Remaining persons will assist with crowd control and securing an unobstructed and safe passageway for EMS personnel.
7. A member of the University of Maryland Sports Medicine Department, a member of the coaching staff, and/or a member of the University of Maryland Department of Intercollegiate Athletics will accompany the injured student-athlete to the medical facility with the injured student-athlete's emergency medical information.
    - Once at the medical facility, the designated individual will call back to the University of Maryland certified athletic trainer's cellular phone with any medical updates.

8. A member of the University of Maryland Sports Medicine Department will also call ***Darryl Conway, Assistant Athletic Director- Sports Medicine (240-417-6479)*** and/or his designee to provide any medical updates.

9. If the AED unit is used-
    a) Contact ***Sandra Worth, Head Athletic Trainer / AED Coordinator*** at ***(240-417-6517)*** to notify her of the emergency situation and AED use.
    b) The AED should be turned off unless it is immediately needed for an additional incident and should be immediately delivered to Sandra Worth in the Gossett Football Team House Athletic Training Room.

Cardiorespiratory, Medical, and/or Orthopedic Emergency occurring at a HOME game / contest-

1. Personnel from the University of Maryland Sports Medicine Department and other appropriate personnel will go onto the field / court to evaluate the student-athlete, administer basic life support (BLS), and stabilize the student-athlete until EMS arrives.
    - If the injury is a suspected football cervical spine injury, in-line head and shoulder stabilization will be maintained by University of Maryland Sports Medicine Department personnel and/or the team physician while the facemask and/or helmet and shoulder pads are removed as indicated using standard protocols .
    - If the injury is a suspected non-football cervical spine injury, in-line head and shoulder stabilization will be maintained by University of Maryland Sports Medicine Department personnel and/or the team physician as per standard protocols.
    - The student-athlete will be placed on a spine board using standard protocols.
    - If the injury is a suspected cardio-respiratory emergency, University of Maryland Sports Medicine Department personnel and/or other appropriate personnel will retrieve, set-up, and use the automated external defibrillator as per State of Maryland protocols.

2. Personnel from the University of Maryland Sports Medicine Department will give the appropriate hand signals to the sidelines (if applicable) and/or will notify game management personnel of the emergency situation.
3. Game management personnel or University of Maryland Sports Medicine Department personnel will immediately use the closest available device to call EMS (**911 from a non-campus phone; 9-911 from a campus phone**) and direct them to the appropriate location.
4. After activating EMS, a member of the University of Maryland Sports Medicine Department should call the following persons to notify them of the emergency situation *(if applicable)*-
    a) Team Physician(s)-
        - Dr. Craig Bennett, MD ***(800-625-2578 pager)***
        - Dr. Yvette Rooks, MD ***(866-829-7062 pager)***
        - Dr. Michael Yorio, MD ***(800-625-2684 pager) / (410-212-8350 cell)***

    b) Darryl Conway, Assistant Athletic Director- Sport Medicine ***(240-417-6479)***

5. After activating EMS, game management personnel should notify all applicable personnel to discontinue all cheerleading and band activities, promotions, commercial announcements, etc.
6. Game management personnel and/or other personnel will proceed to pre-determined locations to wait for EMS, direct them to the proper location, and guide them onto the field / court.
7. Game management personnel and/or other personnel will assist with crowd control and securing an unobstructed and safe passageway for EMS personnel.
8. A member of the University of Maryland Sports Medicine Department and/or a member of the University of Maryland Department of Intercollegiate Athletics will accompany the injured student-athlete to the medical facility with the injured student-athlete's emergency medical information.
9. Once at the medical facility, the designated individual will call back to the University of Maryland certified athletic trainer's cellular phone with any medical updates.
10. A member of the University of Maryland Sports Medicine Department should call ***Darryl Conway, Assistant Athletic Director- Sports Medicine (240-417-6479)*** and/or his designee to provide any medical updates.
11. If the AED unit is used-
    a) Contact ***Sandra Worth, Head Athletic Trainer / AED Coordinator*** at ***(240-417-6517)*** to notify her of the emergency situation and AED use.
    b) The AED should be turned off unless it is immediately needed for an additional incident and should be immediately delivered to ***Sandra Worth*** in the Gossett Football Team House Athletic Training Room.

Cardiorespiratory, Medical, and/or Orthopedic Emergency occurring at an AWAY game and/or practice session-

1. University of Maryland Sports Medicine Department personnel and other appropriate personnel will go onto the field / court to evaluate the student-athlete, administer basic life support (BLS), and stabilize the student-athlete until EMS arrives.
    - If the injury is a suspected football cervical spine injury, in-line head and shoulder stabilization will be maintained by University of Maryland Sports Medicine Department personnel and/or the team physician while the facemask and/or helmet and shoulder pads are removed as indicated using standard protocols .
    - If the injury is a suspected non-football cervical spine injury, in-line head and shoulder stabilization will be maintained by University of Maryland Sports Medicine Department personnel and/or the team physician as per standard protocols.
    - The student-athlete will be placed on a spine board using standard protocols.
    - If the injury is a suspected cardio-respiratory emergency, University of Maryland Sports Medicine Department personnel and/or other appropriate personnel will retrieve, set-up, and use the automated external defibrillator as per local protocols.

2. University of Maryland Sports Medicine Department personnel and/or other appropriate personnel will notify the host certified athletic trainer and/or game management personnel (if applicable) of the emergency situation, and/or will immediately use the closest available device to call EMS and direct them to the appropriate location.

3. University of Maryland Sports Medicine Department personnel and the host certified athletic trainer and/or team physician will continue to administer BLS and stabilize the student-athlete as best possible while following the host institution's emergency protocols.

4. A member of the University of Maryland Sports Medicine Department and/or a member of the University of Maryland Department of Intercollegiate Athletics will accompany the injured student-athlete to the medical facility with the injured student-athlete's emergency medical information.

5. Once at the medical facility, the designated individual will call back to the University of Maryland certified athletic trainer's cellular phone and/or the host institution's athletic training room with any medical updates.

6. A member of the University of Maryland Sports Medicine Department will also call **Darryl Conway, Assistant Athletic Director- Sports Medicine *(240-417-6479)*** and/or his designee to notify him/her of the emergency situation and to provide any medical updates.