

EAST LYME SOCCER ASSOCIATION (ELSA) EMERGENCY ACTION PLAN (EAP)

Injuries, sudden illnesses, and other critical incidents do not often occur during youth practice or games, nor do situations that require the help of Emergency Medical Services (EMS) personnel. However, when an injury/situation is beyond the capabilities of the East Lyme Soccer Association (ELSA), our Emergency Action Plan (EAP) should be implemented.

It is imperative that Board Members, Head Coaches, Assistant Coaches, Team Managers/Volunteers, and anyone participating with ELSA is aware of and has access to our Emergency Action Plan (EAP).

Board Members of ELSA are responsible for implementing any EAP. However, if a Board Member is not present when an injury or emergency occurs, then the Head Coach is responsible for implementing the EAP. If the Head Coach is not present, then the Assistant Coach(es) is/are responsible.

FIRST AID:

Each ELSA Team is supplied with a first aid kit and ice packs to administer immediate, minor aid. Generally, the Head Coach will assess the injury/situation and assist Player(s) with self-administration of first aid. We strongly recommend that all Coaches know basic first aid and we encourage knowledge of CPR/AED.

Before participating in practices or games, all Coaches and Team Managers/Volunteers must know who is responsible for certain tasks in an emergency.

Responsibilities could include:

- Who has the first aid kit?
- Who will administer first aid if necessary and/or assist Player(s)?
- Who will assess the injury/situation and determine if/when to call 911?
- Who will call 911?
- Who will get the AED/Defibrillator?
- Who will administer AED support?
- Which Coach(es) know CPR?
- Who has the Team Roster?
- Who has emergency parent/guardian contact information?
- Who will call parent(s)/guardian(s)?
- Who will supervise/comfort the Team/Players?
- Who will inform ELSA Board Members if one is not present?



INJURY:

If a serious injury occurs, keep calm, observe the Player(s), and assess the situation. Ask the Player(s) if they feel pain. If the Player(s) feels pain, ask where the pain is located. If the pain is in a place *other than* the neck or back, they may still need medical attention, but it's likely not an emergency. Proceed with caution.

If the pain is in the neck or back, do not move the Player(s) from their position and call 911 immediately. EMS personnel are required for all neck and back injuries and will take over when they arrive.

Responsibilities could include:

- Who oversees/assesses injuries on and off the field?
- Who will assess the injury/situation and determine if/when to call 911?
- Who will call 911?
- Who will direct Emergency vehicles to the injury site?
- Who will accompany injured player(s) to a medical facility if needed?
- Who has emergency parent/guardian contact information?
- Who will call parent(s)/guardian(s)?
- Who will supervise/comfort the Team/Players?
- Who will inform ELSA Board Members if one is not present?
- Who will complete injury paperwork?

SEVERE WEATHER:

Never sacrifice the safety of the players. Before each practice or game take a moment to look at the short-term weather forecast to ensure no severe weather is imminent. ELSA uses the WeatherBug app for real time weather and storm information.



If possibility of and/or severe weather occurs, consider the following:

- A "Watch" of any kind occurs - consider canceling practice.
- A "Watch" of any kind occurs, and you make the decision to practice or continue a practice . . .
 - you must ask parents/guardians to stay (not drop Players) in case there is a field evacuation.
 - assign an Assistant Coach, Team Manager or Team Volunteer to monitor the sky and weather app. Confirm that the monitor has a device with plenty of battery power and good service to receive up-to-the-moment radar.
 - if the monitor hears thunder and/or sees lightening, immediately remove ALL Players from the field(s) – even if they aren't your players.
 - Designate a safe place to send/bring Players.
 - ELSA SUGGESTS IN CARS WITH AT LEAST TWO ADULTS. (Best practice is to always have at least TWO adults with Players - never be alone with Players, especially in small spaces like cars.)
- A "Warning" of any kind occurs, get Players to safety immediately.
 - Make sure all Coaches have a calling tree to let parents/guardians know of the current situation in a timely manner.
 - Inform parents/guardians that their Player is safe and where you are located.
- If a Player(s) is/are injured during severe weather, refer to the First Aid/Injury protocol above.

ABDUCTION:

Players should always be under the supervision of Coaches at practices and/or games. At the start of the season Coaches should be notified (by ELSA or the custody parent) if a Player is NOT allowed to be picked-up by another adult/parent/guardian for any reason.

Consider the following circumstances:

- If a Player is unexpectedly absent from practice/game:
 - Ask fellow teammates if the Player was in school that day.
 - If the Player was NOT in school, nothing more needs to be done.
 - If the Player was in school and nobody has knowledge that he/she was planning to miss practice/game, then call/text the parent/guardian to confirm on the Player's whereabouts.
- If a Player is suddenly missing from practice:
 - Assign two or more Coaches or Team Manager/Volunteers to search the surrounding areas. The Head Coach should stay with the Team.
 - If the Player is not found after thoroughly searching, call the parent(s)/guardian(s) to see if the Player was unknowingly picked up.
 - If a parent/guardian has NOT picked up the player AND Coaches and Team Managers/Volunteers have thoroughly searched the surrounding areas, call 911.
- If a person shows up to a practice/game and you know that person should not be near/around a Player, call 911 immediately.

SPECIAL SITUATIONS:

Sometimes things happen at practice/games that we never saw coming. The rule of thumb is to stay with Players and make sure they are in a safe and secure area. Never get into any verbal or physical altercations, especially when Players present. Be sure you know how to act in the following situations:

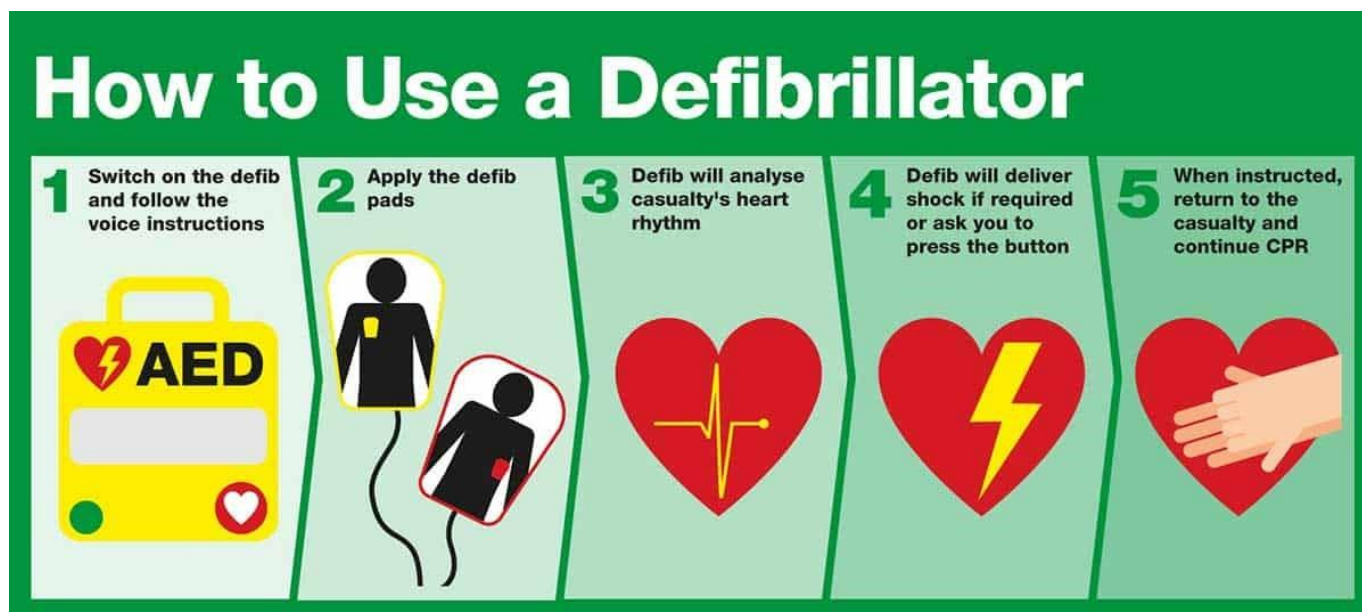
- Irate adult/parent/spectator at practice or game. Call 911.
- Drunk or high adult/parent/spectator at practice or game. Call 911.
- Fight in the parking lot. Call 911.
- Sudden Cardiac Arrest- use the AED (Automated External Defibrillator) located on-site on the parking lot side of the bathroom/maintenance building. The box is **RED**. If the equipment is needed, **CALL 911 FIRST**, then remove it from its housing and bring it to the field or wherever it is needed. Example instructions can be found on the last page of this Plan and on the AED itself.



The actual AED at Bridebrook



The actual location of AED at Bridebrook



EMERGENCY ACTION PLAN FINAL THOUGHTS:

Be prepared before you need it! Knowing what to do in an emergency is important since nobody knows when you will need to implement an Emergency Action Plan.

When an accident or emergency occurs during an East Lyme Soccer Association activity make sure you know the following:

- What is the emergency?
- Who is injured/needs immediate medical care?
- Exact Address you are located.
- How do emergency personnel get to you/injured person?
- Contacts – EMS, Coaches, Parents, ELSA Board Members, etc.
- What is your role in the emergency?

****Detailed information and answers to these questions can be found in this EAP, on the Map of Samuel M Peretz Park at Bridebrook on the following page, and on the ELSA Emergency Action Plan Important Details Page which can be found on the last page of this document.****



Map of Samuel M. Peretz Park at Bridebrook, Niantic, CT





EMERGENCY ACTION PLAN

IMPORTANT DETAILS PAGE

Club Name:	East Lyme Soccer Association		
Club Address:	221 West Main Street Niantic, CT 06357		
ELSA BOARD MEMBERS			
Name		Mobile Number	
Sally Buller - ELSA Referee and Field Coordinator		1-719-252-9666	
Eric Stoddard - ELSA President		1-203-848-5378	
Max Ruzzo - ELSA Vice President		1-860-817-4457	
Heather Tooker – Treasurer / Equipment Manager		1-860-227-6176	
FIRST AID EQUIPMENT AND FACILITIES			
Item	Location		
Defibrillator	Peretz Park, Parking lot side of Bathroom/Maintenance Building		
ACCESS ROUTES			
Ambulance		Access to/from all Parking Areas in Peretz Park at Bridebrook	
		Access to/from North Bridebrook Road	
HOSPITAL AND CLINIC INFORMATION			
Nearest Trauma Hospital:		Yale New Haven Hospital and Trauma Center New Haven, CT	
Fastest Route to Trauma Hospital:		Turn right out of Peretz Park Turn right at second stoplight Merge left onto 95 South (New Haven)	
Distance & Journey Time:		38 miles / 45 minutes	
Nearest Walk-in Center 1:		Pequot Health Center, Groton, CT	
Fastest Route to Walk-in Center 1:		Turn right out of Peretz Park Turn right at second stoplight Merge Right onto 95 North (Groton)	
Distance & Journey Time:		15 miles / 20 minutes	
Nearest Walk-in Center 2:		Shoreline Medical Center, Westbrook, CT	
Fastest Route to Walk-in Center 2:		Turn right out of Peretz Park Turn right at second stoplight Merge left onto 95 South (Westbrook)	
Distance & Journey Time:		15 miles / 20 minutes	