

EMERGENCY ACTION PLAN



Urbana Youth Football

The Emergency Action Plan (EAP) is developed to ensure the safety of and provide the best immediate care for all athletes. Athletic injuries can occur at any time and at any level of participation and the EAP is in place to ensure that these injuries are managed and cared for appropriately.

- **Campus Drive Athletic Fields Address:** 3470 Campus Drive Ijamsville, MD 21754
- **Urbana Elementary School (UES) Address:** 3554 Urbana Pike, Frederick, MD 21704
- **Urbana Middle School (UMS) Address:** 3511 Pontius Ct, Ijamsville, MD 21754

Components of the EAP

- Emergency Personnel
- Emergency Communication
- Emergency Equipment
- Environmental Issues and Protocols

Emergency Medical Personnel:

- **Urbana Fire and Rescue:** 3602 Urbana Pike, Frederick MD 21704, **Phone 911**
- **Green Valley Volunteer Fire Department:** 3939 Green Valley Road, Monrovia MD 21770, **Phone 911**
- Head Coaches and Assistant Coaches
- Team Manager
- UYF Program Practice Field Emergency Contact
- UYF Program Game Day Field Emergency Contact

Roles of the Head Coach

1. Provide immediate care as a first responder in event of an injury
2. Remove team members from the area during an emergency
3. Contact EMS (if instructed)

Roles of the Assistant Coach(es)

1. Provide immediate care as first responder in event of an injury
2. Crowd control/scene control
3. Retrieval of emergency equipment
4. Contact EMS (if instructed)
5. Direct EMS personnel to the scene

Roles of Team Manager

1. Crowd control
2. Secure the scene in the event of an emergency situation
3. Contact parents of injured player

Roles of UYF Program

1. Secure the scene in the event of an emergency situation

2. Emergency equipment (if required)
3. Contact UYF Commissioner

Emergency Communication:

Immediate communication is key in the proper management of an injury or an emergency. At least one member of the coaching staff should have a cellular phone at all practices in case of an emergency. In the event of an emergency (or suspected emergency), the UYF Program Contact should be contacted immediately, if not already present. In the event of cardiac or respiratory emergency, activate EMS immediately.

Activating the EMS:

Making the Call:

- Call 911

Providing Information EMS:

1. Name, address of venue, telephone number of caller
2. Nature of emergency, whether medical or non-medical
3. Number of athletes injured
4. Condition of athletes (breathing, not breathing, pulse, no pulse, bleeding, conscious,
5. unconscious)
6. First Aid treatment initiated by first responder (blood control, rescue breathing, CPR,
7. etc)
8. Specific directions as needed to location of injured athlete (see individual venue info)
9. Other information requested by dispatcher
10. Stay on phone with 911 dispatcher

Emergency Equipment:

- **Automatic External Defibrillator (AED):** The UYF Program Contact will be in possession of an AED. Additional AEDs are located:
 - **Home games:** in the concession stand of the stadium & on sideline
 - **UES practice field:** in Clint Touart truck
 - **Campus Drive Athletic Fields:** in the blue container on the shelf

Never leave the injured player to retrieve AED (someone will bring it to you).

- **Emergency Medical Kit:** Each team manager will be given at the beginning of the season an Emergency Medical Kit. This kit is to be taken with the team to all away division 2 events and to be at all practices. They are labeled with the team's name and contain tape, gauze, Band-Aids, gloves, CPR masks, and scissors. A comprehensive master kit will be present at all division 1 games.
- **Epi-Pen (Epinephrine Autoinjector):** If an athlete has a known severe allergy, he/she can be cleared to carry his/her Epi-Pen with him/her during practice and events. In the event that an Epi-Pen is needed, first use the athlete's if possible.
- **Rapid Cooling Equipment:** If an athlete has a severe heat illness issue, rapid cooling of the body should be initiated as soon as possible.

Environmental Issues and Protocols:

Air Quality

Air quality is important due to forest fires or other events that may create an unsafe environmental exposure for athletes during outdoor sporting events. By understanding when the air is harmful, athletes, parents, and coaches can avoid certain outdoor physical activities and take preventive measures to protect themselves. Check the air quality at www.airnow.gov, and you may also refer to the NFHS Sports Medicine Handbook regarding air quality. The “EPS’s AIRNow” app is available online.

Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 - 100	5-15 Miles	Athletes with asthma should have rescue inhalers readily available and pretreat before exercise or as directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.
101 - 150	3-5 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
151 - 200	1-3 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.

UYF will cancel all outdoor activities when the **Air Quality Index exceeds 105°F**. If adequate alternative indoor facilities are available we may utilize those.

Heat Index

A heat index is an index that combines air temperature and relative humidity in an attempt to determine the human-perceived equivalent temperature. The result is also known as the "felt air temperature" or "apparent temperature." For example, when the temperature is 90°F with very high humidity, the heat index can be about 106°F. UYF will utilize the Heat Index Calculator on the OSHA’s HEAT phone app, to check the heat index prior to practices or games. UYF will cancel or delay all outdoor activities when the heat index is above 105°F. Below that, it will be at the coach’s discretion. However, they must follow the Frederick County Parks & Recreation recommendations on the website. If adequate alternative indoor facilities are available we may utilize those.

UYF participants to follow the guidelines below:

Game Time heat index of 88-95 degrees - Parents and Coaches are encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices. Parents should make sure that players are hydrated prior to participating and that they are wearing sunscreen.

Game Time heat index of 96-99 degrees - Parents and Coaches are encouraged to take extra steps to protect their players by making sure they keep them hydrated and by encouraging frequent substitution during games and practices. Parents should make sure that players are hydrated prior to participating and that they are wearing sunscreen. Sport activities that require players to wear helmets or bulky protective equipment should be modified.

Game Time heat index of 100-103 degrees – Follow all procedures noted above and activities should be reduced by 25-40%. If it is a practice day, coaches are instructed to reduce the time of practice, take frequent breaks and keep players well hydrated by having them drink water. For example during a 1-hour practice, the coach should take at least 3 – 5 minute breaks, including shade and cold water.

Game Time heat index of above 103 – FCPR Managers, Officials, coaches and parents will cancel the activity.

The above are merely guidelines and it is the responsibility of parents to make the ultimate decision as to the participation of their child in FCPR programs and events when heat may be a factor. Parents need to consider the age and physical condition of their child. Parents also have the ultimate responsibility to inform their child about the dangers of heat and need for protection, including sunscreen and proper hydration before, during and after an event. Parents and coaches should familiarize themselves with the signs of heat related illnesses.

		Temperature (°F)																												
		80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105			
Relative Humidity (%)	40	80	81	81	82	83	84	85	87	88	89	91	92	94	95	97	99	101	103	105	107	109	112	114	116	119				
	45	80	81	82	83	84	85	87	88	89	91	92	94	96	98	100	102	104	106	108	111	113	116	118						
	50	81	82	83	84	85	86	88	89	91	93	95	97	99	101	103	105	108	110	113	115	118								
	55	81	82	84	85	86	88	89	91	93	95	97	99	101	104	106	109	112	114	117										
	60	82	83	84	86	88	89	91	93	95	97	100	102	105	107	110	113	116	119											
	65	82	84	85	87	89	91	93	95	98	100	103	105	108	111	114	118													
	70	83	85	86	88	90	93	95	98	100	103	106	108	112	116	118														
	75	84	85	88	90	92	95	97	100	103	106	109	113	116																
	80	84	86	89	91	94	97	100	103	106	110	113	117																	
	85	85	87	90	93	96	99	102	105	110	113	117																		
	90	86	88	91	95	98	102	105	109	113	117																			
	95	86	90	93	97	100	104	108	113	117																				
	100	87	91	95	99	103	107	111	116																					

Lightning

In the case of lightning we will follow the recommendations of Frederick County Parks and Recreation.

- Practices and/or games should be suspended immediately as soon as lightening is seen.
- All athletes/officials/spectators should seek safe shelter
 - Safe structures are ones that are fully enclosed with plumbing, telephone, or electrical to ground the structure.
 - Fully enclosed automobiles or busses with the windows up. No golf carts or convertible cars.
 - Dugouts/golf shelters are not safe shelters, secondary to not being grounded in case of a strike.
 - If no suitable shelter available avoid tall objects (trees, light poles, etc..) which allow an easy path to ground. In an open field crouch with legs together, weight on the balls of feet, arms wrapped around knees, and head/ears covered to minimize contact with the ground.
- Play will be suspended until **30 minutes** after the last sound of thunder is heard. This 30-minute clock restarts each time thunder is heard.
- The “My Lightning Tracker” app is available online for real-time lightning tracking

Emergency Contact Numbers:

Emergency Medical Services (EMS): **911**

Practice Field Emergency Contact:

- **UES**
 - Brent Newman: 240 338 0606
 - Jen Parker: 301 792 2849
- **Campus Drive Athletic Fields**
 - Todd Warwick: 443 864 2157
 - Jay Cross 240 286 8224
- **Campus Drive Athletic Fields – Girls Flag**
- **UMS**
 - Evan Spitulnik: 443 562 2091
 - Jay Cross 240 286 8224

Home Field Game Day Emergency Contact:

- Todd Warwick: 443 864 2157
- Jay Cross: 240 286 8224
- Brent Newman: 240 338 0606
- Carmen Newman 240 223 7328