

# LEWIS S. MILLS HIGH SCHOOL

26 Lyon Rd.

Burlington, CT 06013

## Athletic Department Emergency Action Plan

**Emergency Personnel: Athletic Trainer** (available after school M-F and home games)

Christine Weaving MEDLATC

Office phone: 860-673-0423 ext. 5601

Available to LSM coaches via Motorola talkabouts

Available to other staff via walkie talkie #31

**School Nurses** (available during school hours only)

	Office phone	walkie talkie
Kathy Wasseluk-LSM	ext. 5509	# 4
Kathy Wessoly-LSM	ext. 5269	#26
Beth Niedmann-HB	ext. 7507	#6
Becky Mauro-HB	ext. 7310	#40

Other Personnel:

Principal: Karissa Niehoff – 860-485-5331 (cell)

Coordinator of Athletics: Dave Tanner – 860-803-6936 (cell)

### Preventative Steps:

1. Make sure your team medical kit is fully stocked
2. For events on the Lewis Mills Campus, coaches should pick up a walkie talkie each day from the Athletic Trainer and return it at the end of the event
3. Coaches **must** have Blue/Red Cards and Emergency Medical Contact sheets with them at all times for their athletes and team managers

### In the event of a serious/life threatening injury the coach and/or athletic trainer should:

1. Provide immediate care to the injured athlete.
2. Remain calm – Have someone notify trainer and/or appropriate Site Supervisor and Athletic Trainer
3. Have someone activate EMS: Dial 911
4. The person speaking with EMS should provide the following information:
  - a. your name
  - b. location - Lewis Mills High School 26 Lyon Road Burlington CT 06013 or specific venue
  - c. # of individuals injured
  - d. type of injury and condition of injured
  - e. first aid treatment provided
  - f. specific venue directions – see back of page
  - g. other information as requested
  - h. always stay on the line until EMS operator hangs up
5. Be sure the appropriate gates/doors are open. Send an adult out to meet and direct the ambulance and other emergency personnel. Ambulance and police have a gate key in the event it is locked.
6. Designate an individual to wait for EMS at gate or door and then to direct EMS to scene.
7. At the earliest available time, coaches must follow up with parents of all affected athletes. The coach may request administrative support with this if necessary.

### Follow Up:

1. Coordinate with Athletic Trainer to complete an accident report for the incident. If athletic trainer not present for injury, the coach is responsible for completing this.
2. Follow up with Parent/Guardian
3. Communicate with Athletic Trainer regarding restrictions, return to play protocol and any other concerns noted

## Specific Directions to sites used by athletic department: (from Rt. 4)

**Varsity Soccer Field/Track** – Lyon Road first entrance on right, follow to track

**Lacrosse Field/ J.V. Soccer Field** – Lyon Road first entrance on right, follow to track, field located to left of track

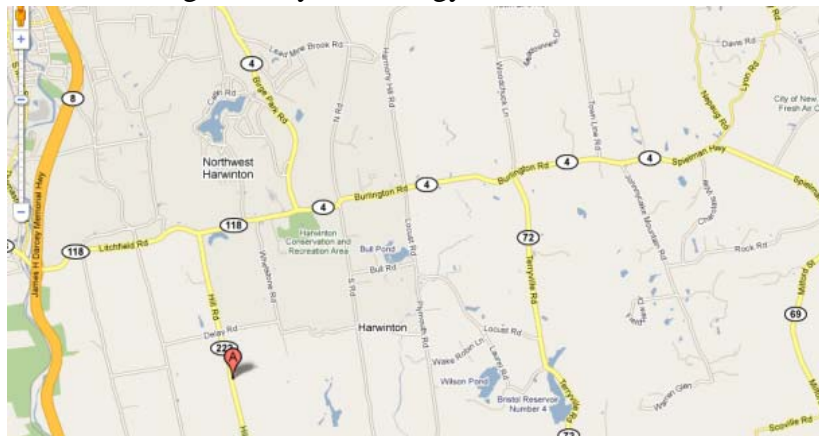
**Field Hockey/J.V. Softball Field** – Lyon Road third entrance on right, to circle by Harbor, through gate, follow path on right to field

**Harbur Gymnasium/Harbur Auxillary Gymnasium** – Lyon Road third entrance on right, to circle by Harbur, through gate, follow path by school, lobby doors to gym located on right

**Softball/Baseball/J.V/Harbur Baseball Field** – Lyon Road third entrance on right, to circle by Harbur, through gate, fields located straight ahead

**Tennis Courts** – Lyon Road third entrance on right, courts located on left

**Lewis Mills Gymnasium Back Gymnasium/Weight Room/Athletic Training room** – Lyon Road, second entrance on right, lobby doors to gymnasium located at front of building to the right



**Fairview Farms Golf Course (Letter A – Map at Left) – Golf** - 300 Hill Road; Harwinton, CT 06791-2503; (860) 689-1000  
Directions: From Lewis Mills: Take ROUTE 4 West to ROUTE 118, Litchfield Road, in Harwinton. , heading WEST for a mile. At the intersection of ROUTE 222, Hill Road, take a left turn heading SOUTH. The course is a mile and a quarter on your left.

**Foote Road Field – Football Practice Field** – Continue on Rt. 4 east past Lewis Mills H.S. (Lyon Rd.), through center of

Burlington (a traffic light with a Dunkin Donuts on the corner). About ½ mile after this light, turn left on Covey Road (blinking light) and then turn right on Foote Road. Football practice field is on the left.

**Nassahegan Field** – Continue on Rt. 4 east past Lewis Mills H.S. (Lyon Rd.), go through the center of Burlington (a traffic light with a Dunkin Donuts on the corner). About a 1/4 mile after this light, bear right onto George Washington Turnpike (there is a small triangular town green at this point). Go 100 feet to a stop sign, proceed straight; the field is about a mile down the road on the right (just before the field, there is a sharp, uphill left hand curve).

**West Hill Pond – Crew** – West Hill Pond: The launch location is from the Boy Scout Camp Workcoeman (Letter A on map - right): 169 Camp Workcoeman Rd.; New Hartford, CT 06057; (860) 379-2207. **Directions:** Camp Workcoeman is located off West Hill Road in Winsted. From the south (Middletown, Waterbury, etc.) take Route 8 North to the Pinewoods Road Exit 46. Go right at the end of the exit ramp past the Cornucopia Banquet Hall to the intersection of Route 183. You will see a camp sign at this intersection. Go left on Route 183 and take the next right onto West Hill Road. Follow the signs to Camp Workcoeman from there. From the Hartford area, follow Route 44 to Winsted. Go left onto Route 183 and proceed for about 3 miles. Go left onto West Hill Road. Follow the signs to Camp Workcoeman from there.

