

Plymouth Soccer Club **Emergency Action Plan**

1. Emergency Phone Numbers

- A. Ambulance/Police/Fire: 911
- B. Poison Control: (800) 222-1222
- C. Hospitals: Sheboygan Memorial- 920-451-5000
St. Nicholas: 920-459-8300
- D. Non-Emergency Plymouth Police: 920-893-6541
- E. Non-Emergency Sheboygan County Sheriff: 920-459-3111

2. Emergency Equipment:

First Aid Supplies: First aid kits and ice packs can be found on a shelf in the back supply room of Quit Qui Oc concession stand. Keep 1-2 ice packs with your practice equipment at all times.

3. Roles of First Responders

- A. Immediate care of injured individual, including first aid and CPR
- B. Activate EMS by calling 911. Provide name, address, phone number. Specify location of emergency. Give number and conditions of individuals injured and care being given to the injured
- C. Direct EMS to the scene. Designate an individual to meet EMS and direct them to injured individual
- D. Crowd control. Designate an individual to help with crowd control.

4. Directions for EMS: Address to give when calling 911- EMS has school addresses programmed in. You will need to give directions to injured player in relation to entrance of school building.

- A. Riverview Middle School- fields are west of building, access from Hwy 67
- B. Toro Fields- East of 3424 Cnty Rd. PP, Plymouth. NOTE: IF YOU ARE ON THE BACK FIELD FARTHEST FROM MAIN ROAD EMS NEEDS TO KNOW THIS AS THEIR ATV VEHICLE MAY BE NEEDED TO ATTEND TO INJURED PLAYER
- C. Greenbush Firehouse: Southwest corner of intersection of Hwy 23 and Sugarbush Rd.
- D. Quit Qui Oc sports complex- 1555 Riverview Rd. Know where your field is in relation to the main entrance.

5. Inclement Weather/Lightning Safety-

- A. When thunder is heard, or cloud-to-ground lightning is seen, the thunderstorm is close enough to strike your location. Suspend play and take shelter immediately. Safe shelters: concession stands, restrooms, vehicles, buildings
- B. 30 minute rule: Wait at least 30 min. after last thunder is heard or flash of lightning is seen before resuming play or wait for official to give clearance.

5. Concussion Management- If athlete is suspected of suffering a head injury remove from practice or competition and have athlete evaluated by physician. See Coach's Corner page on PSC website in regards to return to play procedure

6. Spine Injury/Unconscious Athlete/Cardiac Emergency-

- A. Spine Injury- Do not attempt to move athlete and activate EMS by calling 911
- B. Unconscious athlete- activate EMS by calling 911
- C. Cardiac emergency- activate EMS by calling 911

7. Heat Illness-

- A. Remove athlete from hot environment
- B. Remove excess clothing or equipment
- C. Encourage hydration
- D. Monitor vital signs and temperature
- E. If condition does not improve send athlete to emergency room

8. Cold Illness-

- A. Remove athlete from cold environment
- B. Warm the affected areas
- C. Assess the condition of the athlete, and if necessary, refer to the hospital