

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, ice packs and CPR emergency face shield to administer immediate 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? (*How to Use on Page 5*)
- 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:

- Severe weather could include lightning, thunder, heavy rain, high winds, hail, and/or tornadoes.
- “Remember, if you can hear the thunder, you are within reach of lightning.” (CJSA)
- 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 prioritize safety by:
 - asking parents/guardians to stay (not drop Players) in case there is a field evacuation.
 - assigning 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.
 - immediately suspending play and seek shelter if the monitor hears thunder and/or sees lightening
 - Remove ALL Players/Coaches/Referees/Spectators from the field(s) – even if they aren't your Players/Coaches/Referees/Spectators
 - Remain in a safe place for at least 30 minutes after the last clap of thunder or flash of lightening.
 - If lightning or thunder is still present, the 30-minute clock restarts.
 - designating and clearly communicating a safe place to send/bring Players (please see ELSA-approved places in the table on the following page).

- A "Warning" of any kind occurs, get Players to safety immediately.
 - Confirm all Coaches have a calling tree to inform parents/guardians of the current situation in a timely manner.
 - Inform parents/guardians that their Player is safe and where you are located.
- If anyone is injured during severe weather, refer to the First Aid/Injury protocol above.

Severe Weather Shelters		
	<u>SAFE</u>	<u>AVOID / NOT SAFE</u>
Any Field / Venue	In vehicles with windows closed*	• Open structures • Structures without plumbing & electricity • Under/near trees
Samuel Peretz Park at Bridebrook	• Maintenance Building • Bathrooms • Niantic Fire House	• Gazebo/Picnic Pavillion • Sheds • Under/near trees
East Lyme Middle School (ELMS)	• ELMS entrance • Lillie B. Haynes loading dock • Baseball Bathrooms/Concession	• Baseball dugouts • Playgrounds • Under/near trees
Forsyth Field, Salem	In vehicles with windows closed*	• Shed • Port-o-Potty • Under/near trees
Wide World of Indoor Sports	N/A	N/A

*Best practice is to have at least TWO adults with Players - never be alone with Players especially in small spaces.

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:

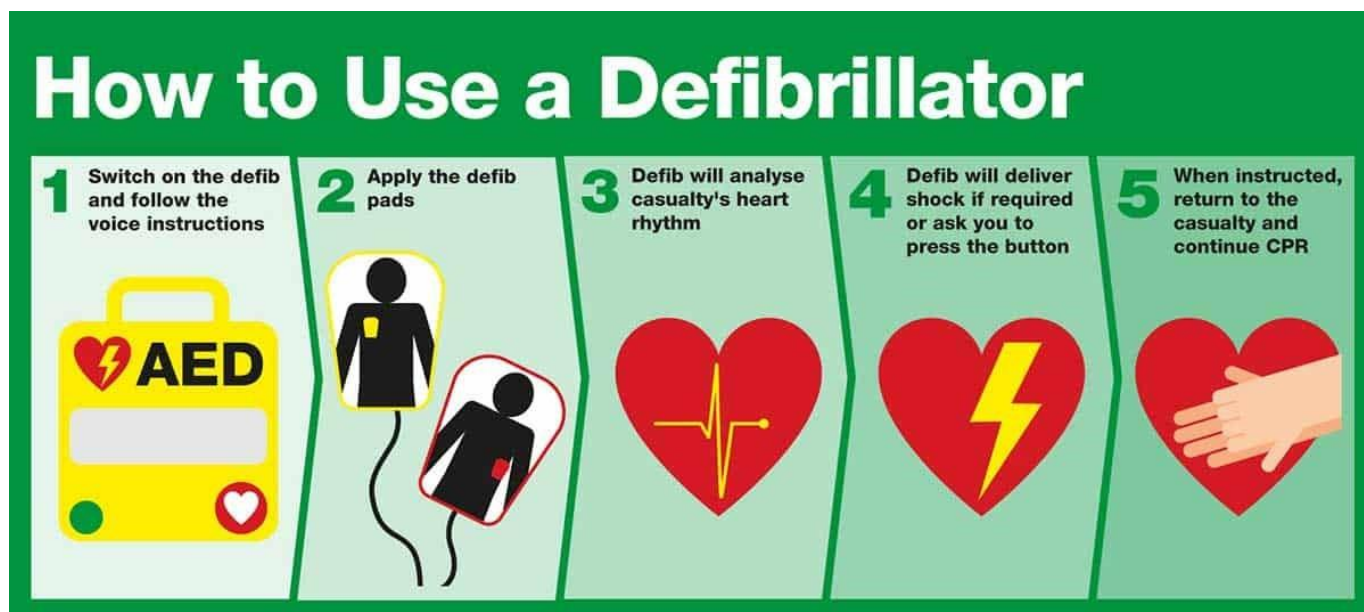
- Irate adult/parent/spectator at practice or game. Call 911.
- Drunk or high adult/parent/spectator at practice or game. Call 911.
- Fight in the parking lot. Call 911.
- Sudden Cardiac Arrest- use the AED (Automated External Defibrillator) located on-site on the parking lot side of the bathroom/maintenance 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 following page 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?

To quickly and effectively implement this Emergency Action Plan please familiarize yourself with the details for each ELSA-approved site.

The following pages include maps (Peretz Park at Bridebrook, East Lyme Middle School, Forsyth Field at Volunteer Park, and Wide World of Indoor Sports) with important details for each site.

****Please keep a copy of this EAP with you at all times.****



Samuel M. Peretz Park at Bridebrook

Niantic, CT - Field Map





PERETZ PARK AT BRIDEBROOK EAP

Club Name:	East Lyme Soccer Association (ELSA)		
Club Address:	Samuel Peretz Park at Bridebrook 221 West Main Street, Niantic, CT 06357		
ELSA BOARD MEMBERS			
Name		Mobile Number	
Stephen Faulkner – ELSA Field Coordinator		860-514-0129	
Sally Buller - ELSA Referee Coordinator		719-252-9666	
Eric Stoddard - ELSA President		203-848-5378	
Max Ruzzo - ELSA Vice President		860-817-4457	
Heather Tooker – Treasurer/Equipment Manager		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	
		Access to/from North Bridebrook Road	
		Access to/from West Main Street	
HOSPITAL AND WALK-IN CLINIC INFORMATION			
Nearest Trauma Hospital:		Backus Hospital, Hartford HealthCare, Lord Emergency & Trauma Center, 326 Washington Street, Norwich, CT	
Fastest Route to Trauma Hospital:		Turn right out of Peretz Park 2 nd stoplight turn right Merge right onto I-95 N (New London) Exit 76-left exit onto I-395 N (Norwich) Exit 13A	
Distance & Journey Time:		21 miles / 23 minutes	
Nearest Walk-in Center 1:		Pequot Health Center, 52 Hazelnut Hill Road, Groton, CT	
Fastest Route to Walk-in Center 1:		Turn right out of Peretz Park 2 nd stoplight turn right Merge right onto I-95 N (Groton) Exit 88	
Distance & Journey Time:		15 miles / 18 minutes	
Nearest Walk-in Center 2:		Middlesex Health Shoreline Medical Center 250 Flat Rock Place, Westbrook, CT	
Fastest Route to Walk-in Center 2:		Turn right out of Peretz Park 2 nd stoplight turn right Merge left onto I-95 S (Westbrook) Exit 65	
Distance & Journey Time:		13 miles / 16 minutes	

East Lyme Middle School

Niantic, CT - Field Map

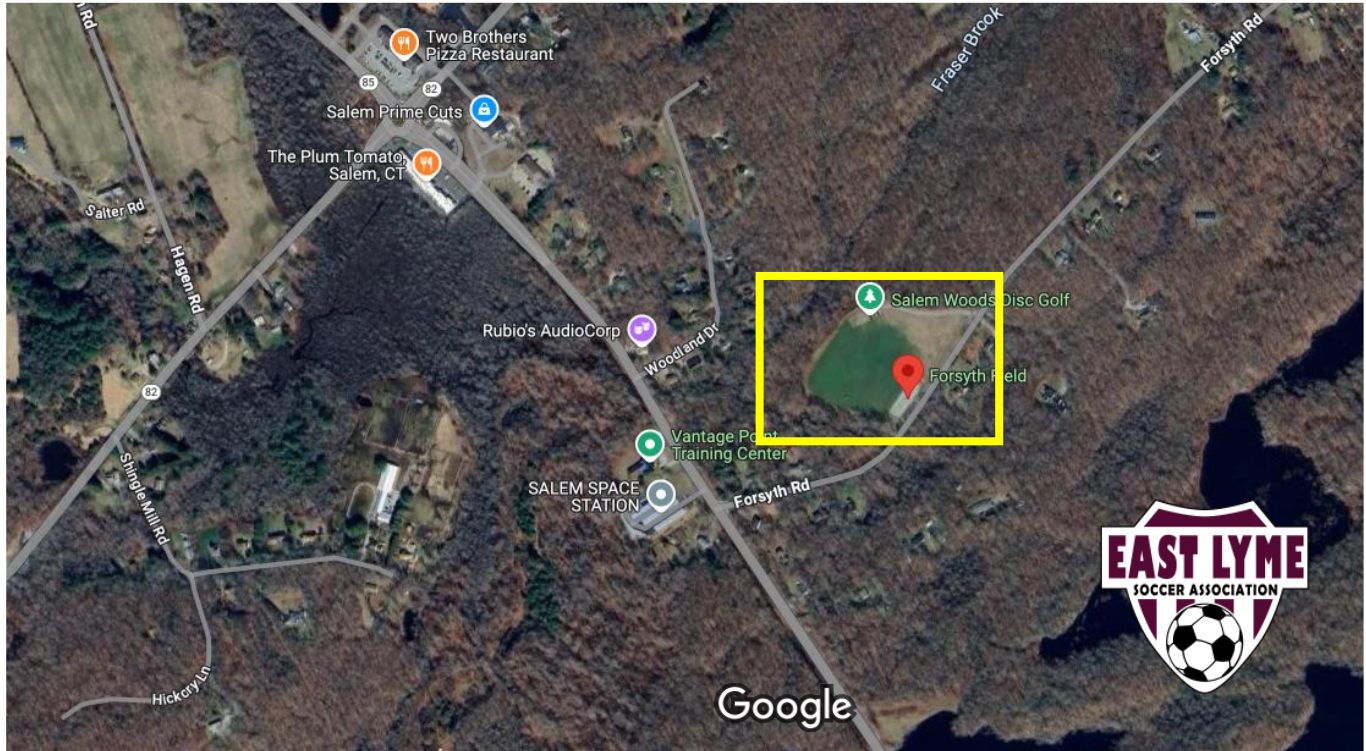




EAST LYME MIDDLE SCHOOL EAP

Club Name:	East Lyme Soccer Association (ELSA)
Club Address:	East Lyme Middle School (ELMS) 31 Society Road, Niantic, CT 06357
ELSA BOARD MEMBERS	
Name	Mobile Number
Stephen Faulkner – ELSA Field Coordinator	860-514-0129
Sally Buller - ELSA Referee and Field Coordinator	719-252-9666
Eric Stoddard - ELSA President	203-848-5378
Max Ruzzo - ELSA Vice President	860-817-4457
Heather Tooker – Treasurer/Equipment Manager	860-227-6176
ACCESS ROUTES	
Ambulance	Access to/from all Parking Areas at ELMS
	Access to/from Society Road
	Access to/from Industrial Park Road
HOSPITAL AND WALK-IN CLINIC INFORMATION	
Nearest Trauma Hospital:	Backus Hospital, Hartford HealthCare, Lord Emergency & Trauma Center, 326 Washington Street, Norwich CT
Fastest Route to Trauma Hospital:	Turn left out of East Lyme Middle School Turn left at stop sign onto Society Road Turn left at stoplight onto Flanders Road Merge right onto I-95 N (New London) Exit 76-left exit to I-395 N (Norwich) Exit 13A
Distance & Journey Time:	18 miles / 21 minutes
Nearest Walk-in Center 1:	Pequot Health Center, 52 Hazelnut Hill Road, Groton, CT
Fastest Route to Walk-in Center 1:	Turn left out of East Lyme Middle School Turn left at stop sign onto Society Road Turn left at stoplight onto Flanders Road Merge right onto I-95 N (New London) Exit 88
Distance & Journey Time:	12 miles / 15 minutes
Nearest Walk-in Center 2:	Middlesex Health Shoreline Medical Center 250 Flat Rock Place, Westbrook, CT
Fastest Route to Walk-in Center 2:	Turn left out of East Lyme Middle School Turn right at stop sign onto Society Road Turn left at stoplight onto West Society Road Merge onto I-95 S (New Haven) Exit 65
Distance & Journey Time:	15 miles / 18 minutes

Forsyth Field at Volunteer Park Salem, CT – Field Map





VOLUNTEER PARK ON FORSYTH ROAD EAP

Club Name:	East Lyme Soccer Association
Club Address:	Bob Appleby Fields at Volunteer Park – Forsyth Field 24 Forsyth Road, Salem, CT 06420
ELSA BOARD MEMBERS	
Name	Mobile Number
Stephen Faulkner – ELSA Field Coordinator	860-514-0129
Sally Buller - ELSA Referee and Field Coordinator	719-252-9666
Eric Stoddard - ELSA President	203-848-5378
Max Ruzzo - ELSA Vice President	860-817-4457
Heather Tooker – Treasurer/Equipment Manager	860-227-6176
ACCESS ROUTES	
Ambulance	Access to/from all Parking Areas at Forsyth Field
	Access to/from Forsyth Road
	Access to/from Route 85 (Hartford-New London Tpk.)
HOSPITAL AND WALK-IN CLINIC INFORMATION	
Nearest Trauma Hospital:	Backus Hospital, Hartford HealthCare, Lord Emergency & Trauma Center, 326 Washington Street, Norwich CT
Fastest Route to Trauma Hospital:	Turn right out of Forsyth Field Turn right at stop sign onto CT-85 N First rotary exit onto CT-82 E Turn left onto CT-163 N Merge onto CT-2 E Exit onto CT-2 E/CT-32 S Washington St.
Distance & Journey Time:	15 miles / 20 minutes
Nearest Walk-in Center 1:	Colchester Urgent Care, 100 Linwood Avenue, Colchester, CT
Fastest Route to Walk-in Center 1:	Turn right out of Forsyth Field Turn right at stop sign onto CT-85 N Third rotary exit onto CT-82 W Turn right onto ramp to CT-11 N/ CT-2 W Exit 23 then Turn right
Distance & Journey Time:	10 miles / 11 minutes
Nearest Walk-in Center 2:	YNHH Urgent Care, 607 West Main Street, Norwich, CT
Fastest Route to Walk-in Center 2:	Turn right out of Forsyth Field Turn right at stop sign onto CT-85 N First rotary exit onto CT-82 E Travel for about 10 miles then Turn left
Distance & Journey Time:	11 miles / 18 minutes

Wide World of Indoor Sports

Montville, CT – Field Map





WIDE WORLD OF INDOOR SPORTS EAP

Club Name:	East Lyme Soccer Association	
Club Address:	Wide World of Indoor Sports 2 Sachatello Industrial Drive Oakdale, CT 06370	
ELSA BOARD MEMBERS		
Name		Mobile Number
Stephen Faulkner – ELSA Field Coordinator		860-514-0129
Sally Buller - ELSA Referee and Field Coordinator		719-252-9666
Eric Stoddard - ELSA President		203-848-5378
Max Ruzzo - ELSA Vice President		860-817-4457
Heather Tooker – Treasurer/Equipment Manager		860-227-6176
ACCESS ROUTES		
Ambulance	Access to/from all Parking Areas at Wide World of Indoor Sports	
	Access to/from Sachatello Industrial Drive	
	Access to/from Route 85 (Hartford-New London Tpk.)	
HOSPITAL AND WALK-IN CLINIC INFORMATION		
Nearest Trauma Hospital:	Backus Hospital, Hartford HealthCare, Lord Emergency & Trauma Center, 326 Washington Street, Norwich CT	
Fastest Route to Trauma Hospital:	Turn right out of Sachatello Industrial Drive Turn right at stop sign onto CT-85 S Turn left to merge onto I-395 N Exit 13A	
Distance & Journey Time:	16 miles / 19 minutes	
Nearest Walk-in Center 1:	Colchester Urgent Care, 100 Linwood Avenue, Colchester, CT	
Fastest Route to Walk-in Center 1:	Turn right out of Sachatello Industrial Drive Turn left at stop sign onto CT-85 N Third rotary exit onto CT-82 W Turn right onto ramp to CT-11 N/ CT-2 W Exit 23 then Turn right	
Distance & Journey Time:	15 miles / 17 minutes	
Nearest Walk-in Center 2:	YNHH Urgent Care, 607 West Main Street, Norwich, CT	
Fastest Route to Walk-in Center 2:	Turn right out of Sachatello Industrial Drive Turn right at stop sign onto CT-85 S Turn left to merge onto I-395 N Exit 11	
Distance & Journey Time:	13 miles / 17 minutes	