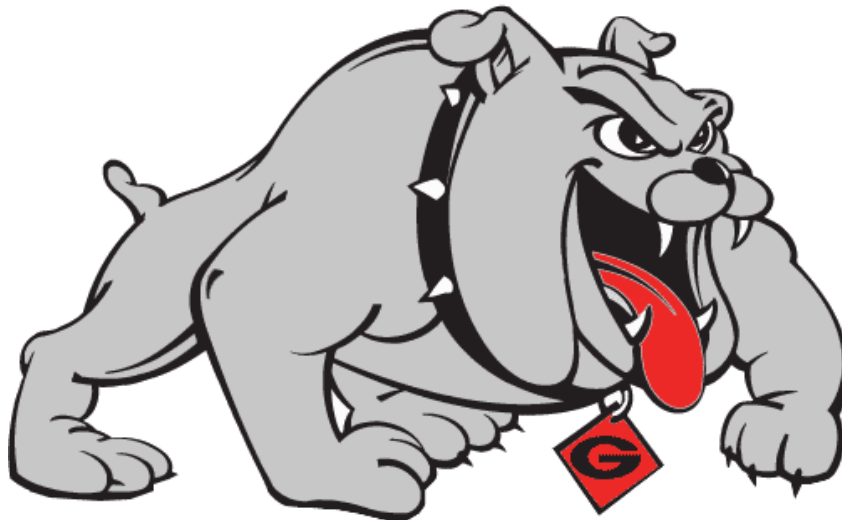


Grant Community High School District #124

Athletic Emergency Action Plan



ATHLETICS STAFF

Mallory Whitman, Head Athletic Trainer MS, LAT, ATC, PES

Thomas Ross, Athletic Director

Kevin Geist, Assistant Athletic Director

**2023-2024
Table of Contents**

Grant Community High School Sports Medicine	3
Policies	4
Emergency Action Plan	5
Emergency Contact Phone Number List	6
Venue Specific EAPs	7-40
Indoor Athletic Facilities (Main Campus)	
East Gym	7-8
West Gym	9-10
Main Athletic Training room	11-12
Weight Room	13-14
Varsity Wrestling Room	15-16
Junior Varsity Wrestling Room	17-18
Indoor Facilities Main Campus Map	19
Benedetti Field House	20-21
Dance Room/ Spin Room	22-23
Field House Athletic Training Room	24-25
Benedetti Field House Map	26
Outdoor Athletic Facilities (Main Campus)	
Paul G. Lewis Field	27-28
North Grass Field	29-30
Fritz Kazlauskys Baseball Field	31-32
Varsity Softball, Tennis and South Grass Field	33-34
Bulldogs Athletic Complex (Off site location)	35-40
Emergency Action Plan Location Site	41
Concussion Policy and Procedures	42
Concussion Return to Play Protocol	43

Grant Community High School Sports Medicine

285 E. Grand Ave. Fox Lake, IL 60020
Phone: (847) 973-3454 Fax: (847) 587-1768

Goal

To provide the highest level of athletic healthcare and to return student-athletes to pre-injury/illness activity level as quickly and as safely as possible.

Vision

The athletic training department at Grant Community High School is dedicated to the comprehensive health care needs and the highest quality of injury management for our student-athletes.

Mission

Grant Community High School's Athletic Training Department is committed to provide the highest quality sports medicine services to its student athletes by providing injury prevention, care, rehabilitation services and student-athlete education. The sports medicine staff will encourage a philosophy of sports that place high value on health and wellness. Student-athletes will be able to return to their sports as soon as it is medically safe. The sports medicine staff will work to reduce the risk of athletic injuries for the student-athletes of Grant Community High School.

Name	Title	Email
Mallory Whitman , ATC	Head Athletic Trainer	*

Team Physician

Illinois Bone and Joint Institute: Dr. Mark Hamming

Policies

Treatment

The athletic training room opens at 12:00 PM during normal school days for treatment. Student-athletes who miss treatment will be reported to their coach. The athletic training room will not be an excuse to be late for practice. On weekends, holidays, etc. it is the coaches' responsibility to notify the athletic training staff of practice times with at least 48 hours' notice in order to accommodate treatments for the athletes and appropriate medical coverage of the practices.

Practice for Injured Athletes

Athletes will be encouraged to attend practice after their treatment/rehabilitation. When possible, athletes will participate in modified activity during practice. Depending on practice times, student-athletes may not be permitted to rehabilitate/treat their injuries after practice due to athletic training room closure.

Physician Referral

Athletes with orthopedic injuries needing evaluation by a physician must return a note from their physician to the athletic training staff prior to any return to participation or treatments/rehabilitation in the athletic training room.

Preparticipation Physical Exams

Student-athletes are required to have a pre-participation physical on file with the school nurse/ athletic department.

Heat Illness

Education, acclimatization, nutrition, and unlimited water breaks are encouraged. The athletic training staff can be utilized for team education.

Taping/Bracing

All athletes who are taped are expected to participate in rehabilitation for that body part. If an athlete does not rehabilitate their injury they will not continue to be taped. Taping for prevention will not be administered. Athletes who feel they need support to prevent injury are encouraged to purchase a brace.

Communication of injured Athletes

Student-athlete injuries will be communicated to coaches by email, phone, or face-to-face conversation unless a different mode of communication is agreed upon between athletic training staff and the coach. If there are any questions or concerns the coach should follow-up with the athletic training staff. Student-athlete confidentiality must be maintained. The athletic training staff will communicate appropriate student-athlete information on a "need to know" basis.

Emergency Plan

Coaches are encouraged to attend pre-season meetings with athletic training staff to review the emergency action plan and the medical conditions of the student athletes.

Weather

The athletic training staff is responsible for monitoring the weather and informing the appropriate coaches when practices need to be modified. The athletic administration will make the decision on athletic event modification due to weather.

EMERGENCY ACTION PLAN

The purpose of this document is to provide instructions to members of the Grant Community High School Athletics Department in the event of a medical emergency regarding student-athletes. An emergency is a sudden life-threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure that the best care is provided.

All members of the athletic department who work directly with athletes are required to familiarize themselves with this plan. Throughout the year there might be times in which an athletic trainer or medical professional is not immediately available. This places athletic personnel, most likely coaches, in the position of potentially providing emergency medical services in the form of cardiopulmonary resuscitation and basic first aid. It is recommended that all coaches have and maintain CPR/AED certification during employment. Documentation of certification should be provided to the Athletic Director's office.

Athletic personnel should review the policy at the beginning of each academic year. Coaches should discuss the policy in detail with the athletic training staff. An emergency plan must exist for all organized practices and competitions, including out of season training, strength training and conditioning workouts. Those with the highest level of health training are responsible for the emergency plan at a session or event.

1. Recommended Chain of Command during severe or catastrophic injury:
 - a. Volunteer Team Physician (if present)
 - b. Certified Athletic Trainer(s)
 - c. Coaching Staff
 1. Head Coach
 2. Assistant Coach
 3. Other support staff (Athletic Director, Assistant AD, Event Staff, School Staff members)

****If the Volunteer Team Physician or Certified Athletic Trainer (ATC) is ON SITE at time of injury, he/she will take command**

****If the Volunteer Team Physician or Certified Athletic Trainer (ATC) is NOT ON SITE, then the next person on the Chain of Command is in charge**

Legal liability is very important to consider, and all athletic staff should understand this plan. Potential emergencies can be avoided through pre-participation examination of each athlete prior to participation in any sport. A sports physical exam is required of all student-athletes before participation in any Grant Community High School sports practice or event. The Illinois High School Association requires a sports physical examination every year. Safe practices, including training techniques and adequate medical coverage are also considerations. However, accidents and injuries are inherent with sports participation. Therefore, proper preparation on the part of the athletic staff will enable each emergency situation to be managed appropriately. If you have any questions about the enclosed plan, please contact the Grant Community High School Athletic Director's Office at (847) 973-3412 or the Athletic Training Room at (847) 973-3454.

EMERGENCY CONTACT PHONE NUMBERS

EMERGENCY CONTACTS	PHONE NUMBER
Emergency	911
Fox Lake Police Department	847-587-3100
Fox Lake Fire Dept. (Station #2)-Washington St.	847-587-3312
Fox Lake Fire Dept. (Station #3)-Molidor Rd	847-546-6034
Fox Lake Fire Dept. (Station #4)-Main St.	847-587-3314
Lake County Sheriff Office	847-377-4000
Poison Control Center	1-800-222-1222

ON CAMPUS CONTACTS	PHONE NUMBER
Main Athletic Training Room	847-973-3454
Main Athletic Training Room-Alternate #	847-973-3113
Field House Athletic Training Room	847-973-3195
Athletic Director	847-973-3412
Assistant Athletic Director	847-973-3199

INDOOR ATHLETIC FACILITIES-MAIN CAMPUS

EAST GYM

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
 - a. The closest campus telephone is located in any of the PE offices on the east end of the gym.
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School is located at 285 East Grand Ave. Instruct the 911 operator to door # 10, which is located on the south side of the building, and there is an injured student-athlete in need of emergency medical treatment.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the wall in the foyer on the east side of the east gym.

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Main Athletic Training Room: To access the main athletic training room walk through the foyer, between the two gyms, toward the west gym. Once in the gym turn left and walk through the double doors directly in front of you. Once through the double doors the athletic training room is the second door on the right.

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

WEST GYM

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 911 from a campus phone or from a cell phone
 - a. The closest campus telephone is located in the weight room, mounted on the wall to the right of the door.
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School is located at 285 East Grand Ave. Instruct the 911 operator to door # 10, which is located on the south side of the building, and there is an injured student-athlete in need of emergency medical treatment.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the wall in the foyer outside the main athletic training room.

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Main Athletic Training Room: To access the main athletic training room walk through the double doors at the south west corner of the gym. Once through the double doors the athletic training room is the second door on the right.

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

MAIN ATHLETIC TRAINING ROOM

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
 - a. The closest campus telephone is located in the main athletic training room office.
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School is located at 285 East Grand Ave. Instruct the 911 operator to door # 11, which is located on the south side of the building, and there is an injured student-athlete in need of emergency medical treatment.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the wall in the foyer outside the main athletic training room.

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

WEIGHT ROOM

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
 - a. The closest campus telephone is located in the weight room, mounted to the left of the doors.
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School is located at 285 East Grand Ave. Instruct the 911 operator to door # 11, which is located on the south side of the building, and there is an injured student-athlete in need of emergency medical treatment.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the wall in the foyer outside the main athletic training room.

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Main Athletic Training Room: To access the main athletic training room turn right out of the weight room and the main athletic training room will be the first door on the right.

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

VARSIITY WRESTLING ROOM

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
 - a. The closest campus telephone is located in the boys PE locker room office.
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School is located at 285 East Grand Ave. Instruct the 911 operator to door # 9, which is located on the south side of the building, and there is an injured student-athlete in need of emergency medical treatment. To access the varsity wrestling room, use the stairs just adjacent to the east gym.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the wall in the foyer on the east side of the east gym.

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Main Athletic Training Room: To access the main athletic training room walk through the east gym and follow the foyer, between the two gyms, toward the west gym. Once in the gym turn

left and walk through the double doors directly in front of you. Once through the double doors the athletic training room is the second door on the right

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

JUNIOR VARSITY WRESTLING ROOM

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
 - a. The closest campus telephone is located at the top of the stairs in the wrestling room.
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School is located at 285 East Grand Ave. Instruct the 911 operator to door #12 or #13 which can be accessed off of Devlin Rd., and there is an injured student-athlete in need of emergency medical treatment.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the wall in the foyer outside the main athletic training room.

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Main Athletic Training Room: To access the main athletic training room go down the stairs leading to the ground floor/west gym. Once on the ground floor turn right and walk through the double doors that are in front and to the right of you. Once through the double doors the athletic training room is the second door on the right.

If Athletic Trainer is not available:

EMERGENT

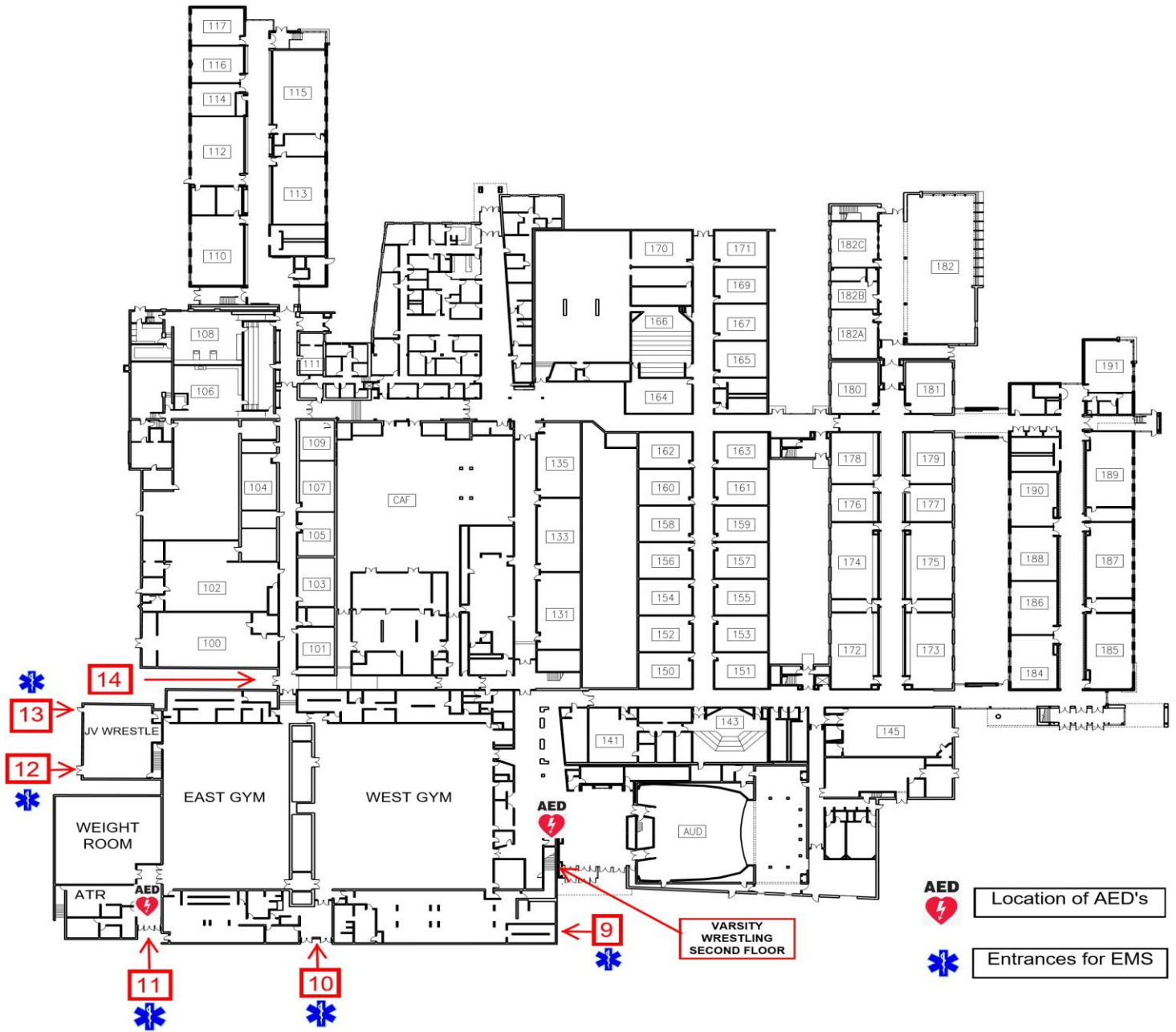
If immediate medical attention is necessary and the Athletic Trainer is not available:

8. Evaluate and stabilize all injuries prior to any movement.
9. Immobilization should be used for any possible fracture or significant injury.
10. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
11. Activate EMS
12. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
13. Always report any ER visit to the athletic trainer and athletic director by the following day
14. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

INDOOR ATHLETIC FACILITIES MAIN CAMPUS MAP



FIRST FLOOR PLAN

SCALE: 1"=80'



BENEDETTI FIELD HOUSE FACILITIES

INDOOR TRACK AND LEE OLER COURT

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
 - a. The closet campus phone is located in the field house athletic training room or in the boys' and girls' locker room offices.
2. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School Field House is located on Devlin Road. Instruct the 911 operator to Grant Community High School Field House at door # 2, which is located on the east side of the building, and there is an injured student-athlete in need of emergency medical treatment.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the Southwest wall of the field house.

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym
3. Against the Southwest wall of the field house

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Field House Athletic Training Room: The field house athletic training room is located through the double doors on the south west end. The door to the athletic training room is immediately to your left.

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

DANCE AND SPIN ROOM

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
 - a. The closet campus phone is located on the south wall of the dance room or on the desk in the spin room.
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School Field House is located on Devlin Road. Instruct the 911 operator to Grant Community High School Field House at door # 2, which is located on the east side of the building. The dance room is located on the second floor of the west side of the Grant Community High School Field House.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Against the Southwest wall of the field house

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym
3. Against the Southwest wall of the field house

EPI Pen's: There are two EPI pen's mounted in a box on the south end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Field House Athletic Training Room: The field house athletic training room is located down stairs, through the double doors on the right (with the restroom sign on them), and the door to the athletic training room is immediately to your left.

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, fellow player, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

FIELDHOUSE ATHLETIC TRAINING ROOM

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
 - a. The closet campus phone is located in the athletic training room.
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School Field House is located on Devlin Road. Instruct the 911 operator to Grant Community High School Field House at door # 2, which is located on the east side of the building, and there is an injured student-athlete in need of emergency medical treatment. The field house athletic training room is located through the double doors (with the restroom sign on them) on the south west end and the door to the athletic training room is immediately to your left.

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the Southwest wall of the field house.

AED's – Inside Locations:

1. Foyer outside the main athletic training room
2. Foyer on the east side of the east gym
3. Against the Southwest wall of the field house

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

If Athletic Trainer is not available:

EMERGENT

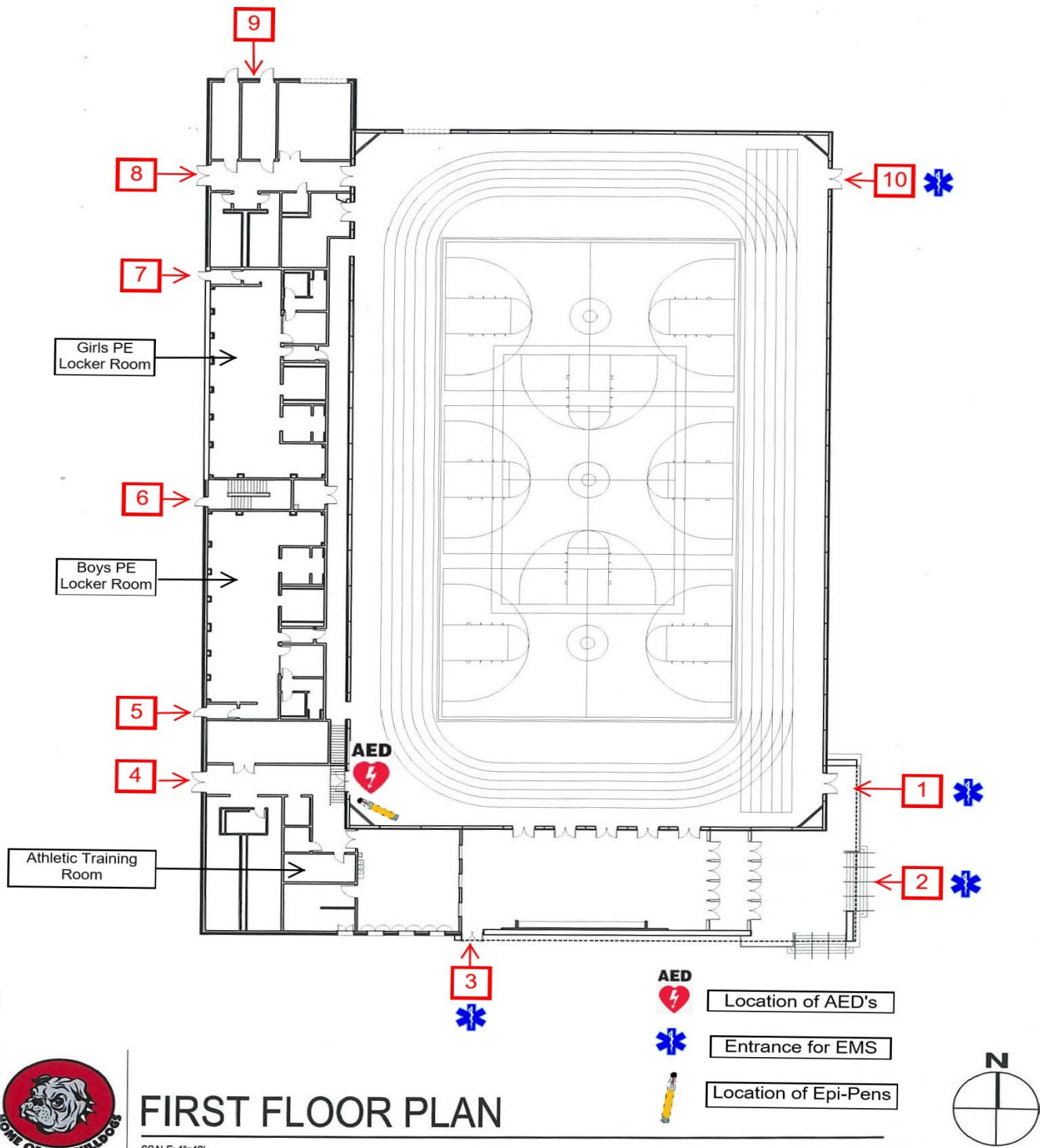
If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

BENEDETTI FIELD HOUSE MAP



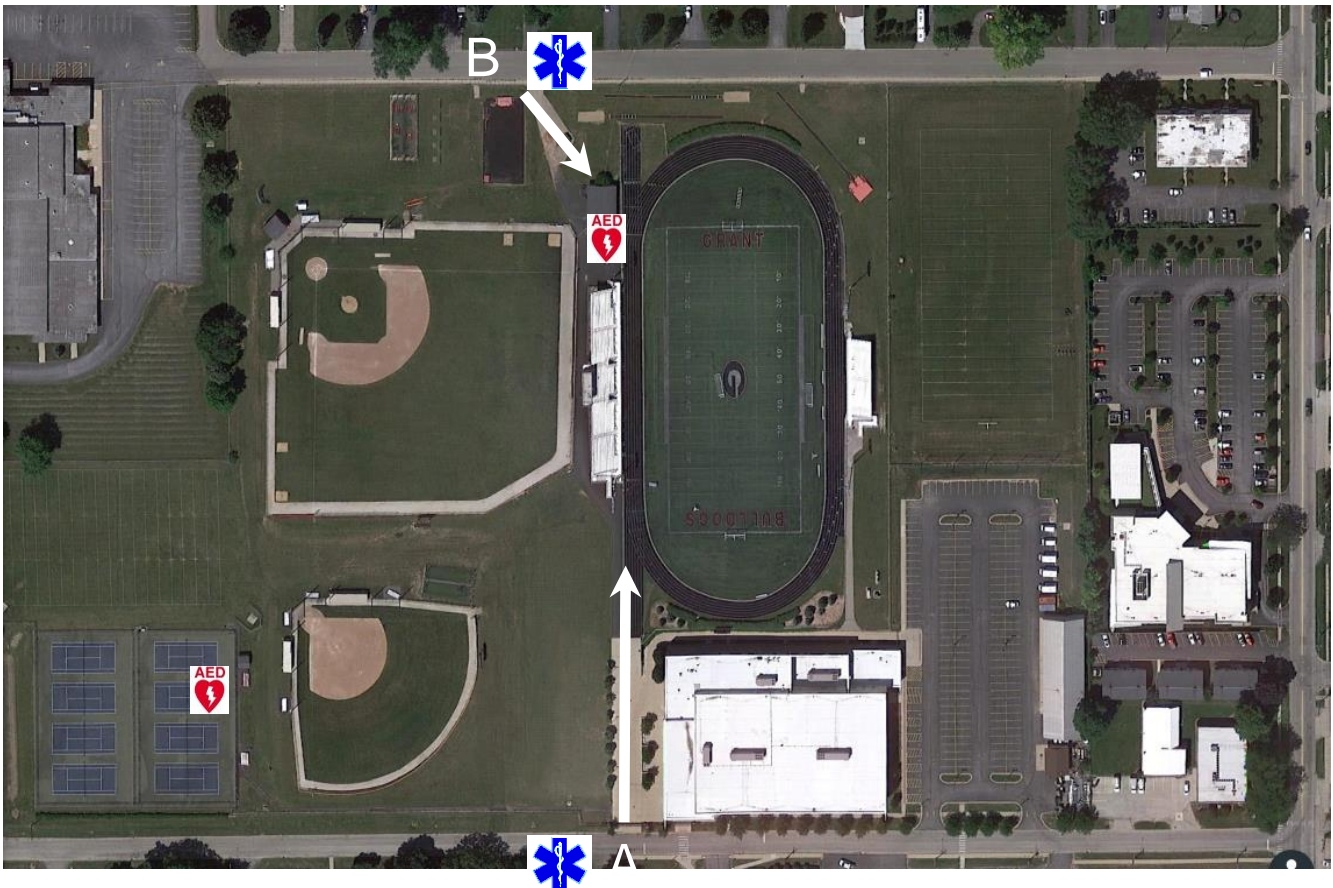
OUTDOOR ATHLETIC FACILITIES

PAUL G. LEWIS FIELD

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed
- 7.

Venue Directions: Grant Community High School Paul G. Lewis Field is located on Devlin Road. Instruct the 911 operator to access the stadium through the gate on Devlin Rd (labeled A on the map) or through the gate on Hawthorne Lane (labeled B on the map), and there is an injured student-athlete in need of emergency medical treatment.



Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events. A Volunteer Team Physician may only be available at Paul G. Lewis Field for Varsity football games. EMT's may be available for all home Sophomore and Varsity football games.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the east side of the "Block House"/Concessions building.

AED's – Outside Locations: AED's are located in stainless steel AED cases which use a special "T-key" to open. The athletic trainer has a key at all time; as well as a spare located in a key box mounted to the right of the AED case (code 1240 to open).

1. Mounted on the east side of the "Block House"/ Concessions building.
2. Mounted on the west side of the tennis shed
3. Athletic Trainers have an AED on golf cart

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Field House Athletic Training Room: The field house athletic training room can be accessed through door # 4 on the side of the field house closest to the stadium. The athletic training room is at the end of the hallway on your right.

Location of Main Athletic Training Room: The main athletic training room is located directly across Devlin Rd. from the field house and can be accessed through Door # 11

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athletes parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

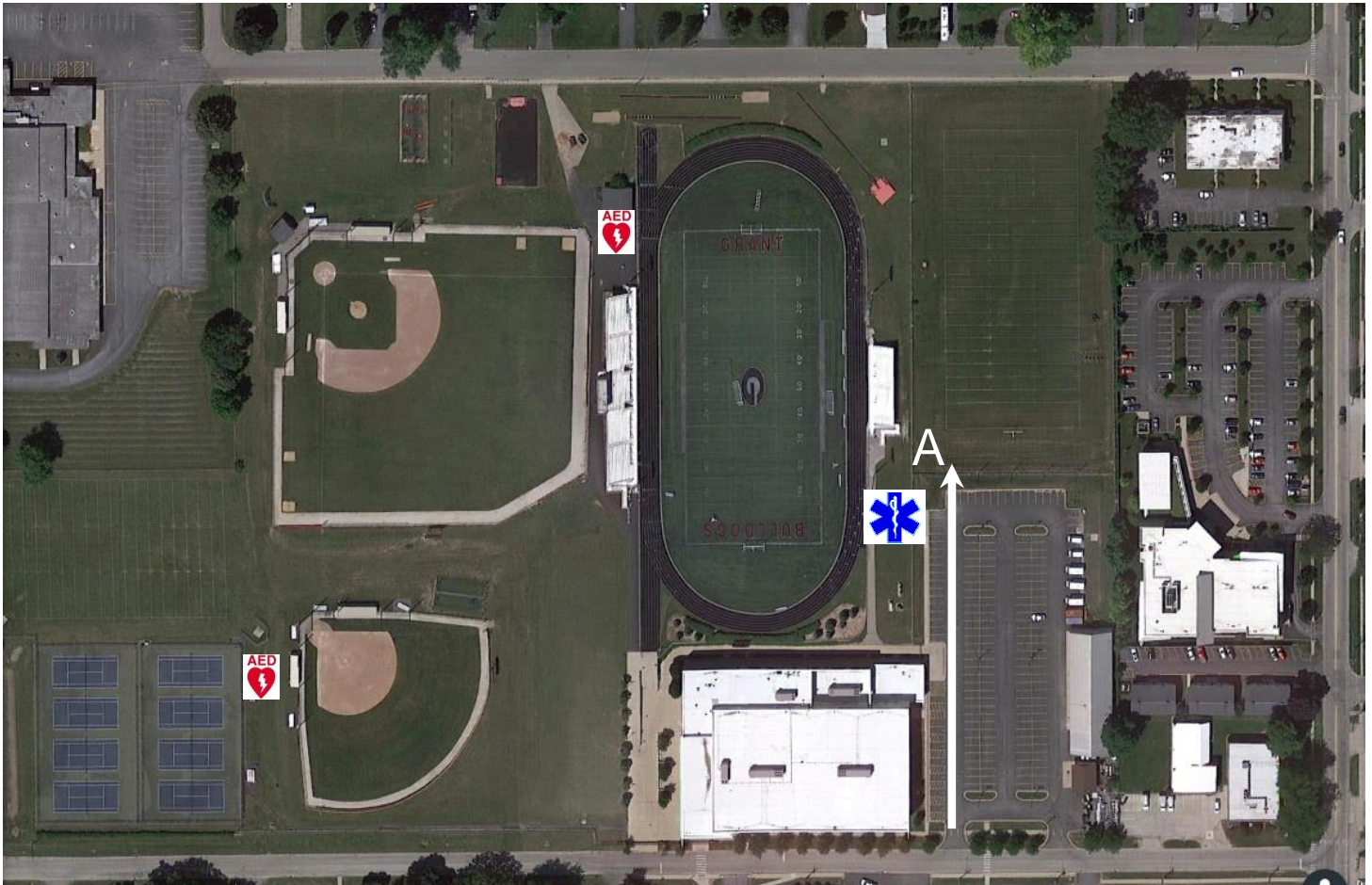
If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer.

NORTH GRASS PRACTICE FIELD

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School north practice is located on Devlin Road. Instruct the 911 operator to access the field through the gate located at the west end of the north field house parking lot (labeled A on the map), and there is an injured student-athlete in need of emergency medical treatment.



Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the east side of the “Block House”/ Concessions building.

AED’s – Outside Locations: The AED’s are located in stainless steel AED cases which use a special “T-key” to open. The athletic trainer has a key at all time; as well as a spare located in a key box mounted to the right of the AED case (code 1240 to open).

1. Mounted on the east side of the “Block House”/ Concessions building.
2. Mounted on the west side of the tennis shed
3. Athletic trainers have an AED on golf cart

EPI Pen’s: There are two EPI pen’s mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Field House Athletic Training Room: The field house athletic training room can be accessed through door # 4 on the side of the field house closest to the stadium. The athletic training room is at the end of the hallway on your right.

Location of Main Athletic Training Room: The main athletic training room is located directly across Devlin Rd. from the field house and can be accessed through Door # 11

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach’s responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete’s parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

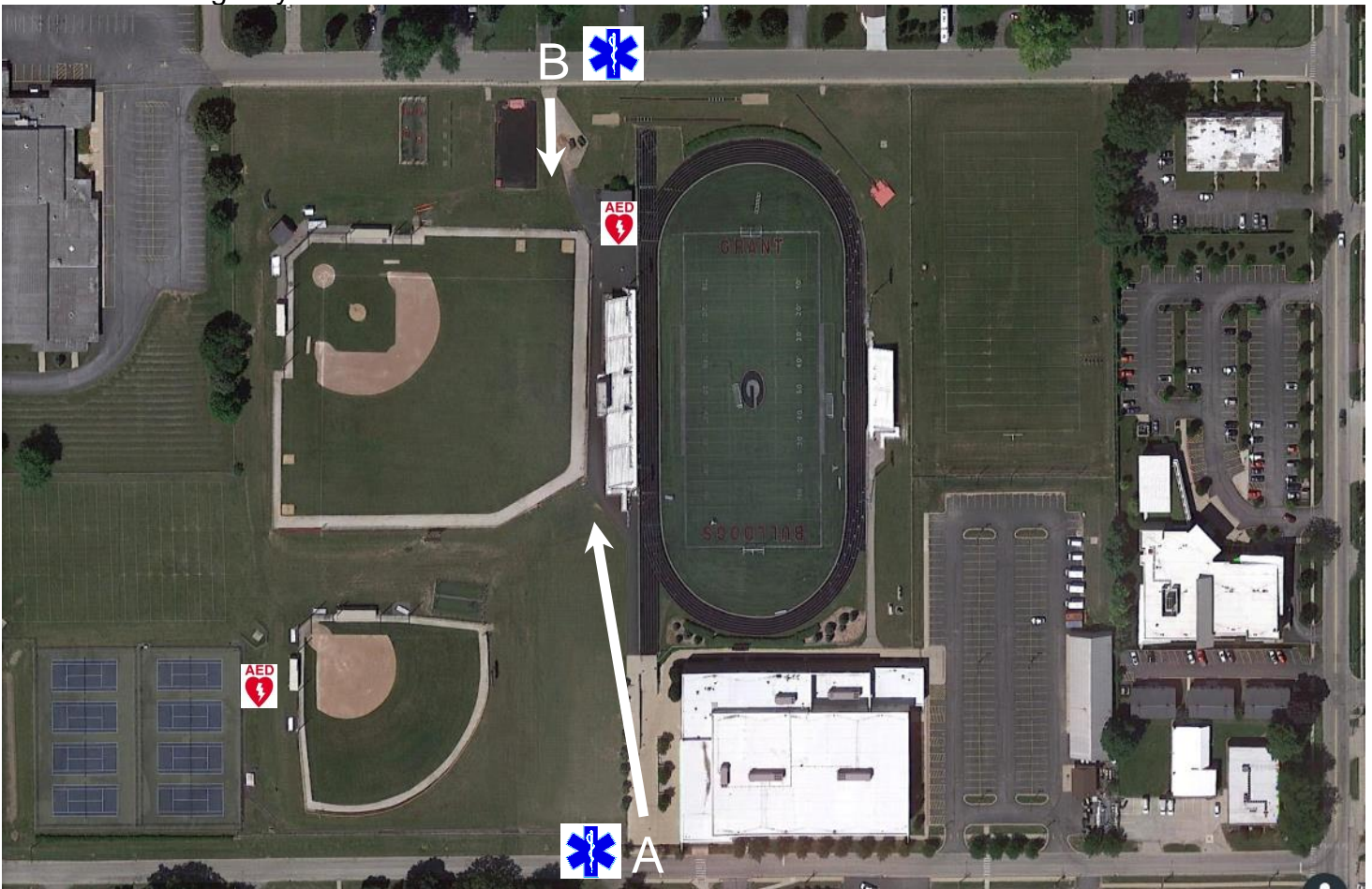
If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer.

FRITZ KAZLAUSKY BASEBALL FIELD

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School varsity baseball field is located on Devlin Road. Instruct the 911 operator to access the field through the gate on Hawthorne Lane (labeled B on the map) or through the gate on Devlin Rd (labeled A on the map), and there is an injured student-athlete in need of emergency medical treatment.



Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the east side of the “Block House”/Concessions building.

AED’s – Outside Locations: AED’s are located in stainless steel AED cases which use a special “T-key” to open. The athletic trainer has a key at all time; as well as a spare located in a key box mounted to the right of the AED case (code 1240 to open).

1. Mounted on the east side of the “Block House”/ Concessions building.
2. Mounted on the west side of the tennis shed
3. Athletic trainers have an AED on golf cart

EPI Pen’s: There are two EPI pen’s mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Field House Athletic Training Room: The field house athletic training room can be accessed through door # 4 on the side of the field house closest to the stadium. The athletic training room is at the end of the hallway on your right.

Location of Main Athletic Training Room: The main athletic training room is located directly across Devlin Rd. from the field house and can be accessed through Door # 11

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach’s responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete’s parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

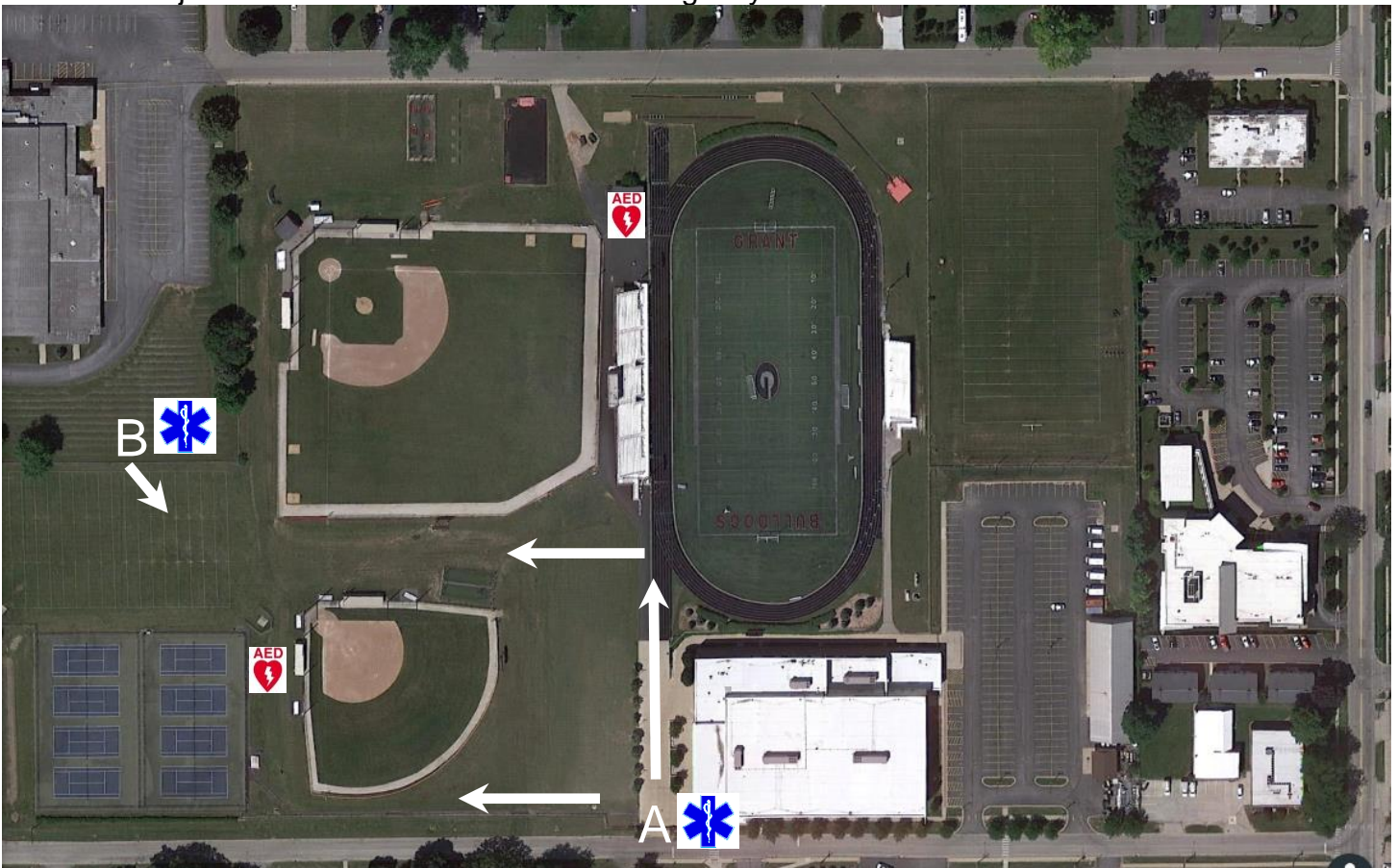
If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer.

VARSITY SOFTBALL, TENNIS, & SOUTH GRASS PRACTICE FIELD

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio or by calling the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 if athletic trainer is not on site with you
2. Dial 8-911 from a campus phone or 911 from a cell phone
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Venue Directions: Grant Community High School varsity softball, tennis and south practice field are located on Devlin Road. Instruct the 911 operator to access the specific venue through the gate on Devlin Rd (labeled A on the map) or through the gate at Stanton School (labeled B on the map), and there is an injured student-athlete in need of emergency medical treatment.



Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: Mounted on the west side of the tennis shed.

AED's – Outside Locations: AED's are located in stainless steel AED cases which use a special "T-key" to open. The athletic trainer has a key at all time; as well as a spare located in a key box mounted to the right of the AED case (code 1240 to open).

1. Mounted on the east side of the "Block House"/ Concessions building.
2. Mounted on the west side of the tennis shed
3. Athletic trainers have an AED on golf cart

EPI Pen's: There are two EPI pen's mounted in a box on the south west end of the field house next to the AED. Athletic trainers may have spare EPI pens.

Location of Field House Athletic Training Room: The field house athletic training room can be accessed through door # 4 on the side of the field house closest to the stadium. The athletic training room is at the end of the hallway on your right.

Location of Main Athletic Training Room: The main athletic training room is located directly across Devlin Rd. from the field house and can be accessed through Door # 11

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athlete's parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer.

BULLDOG ATHLETIC COMPLEX (BAC)

For Emergency Medical Attention Activate the Emergency Medical Services Systems:

1. Contact on site athletic trainer with the walkie-talkie radio. If athletic trainer is not on site, call 911
2. Dial 911 from a cell phone
3. Identify yourself, tell dispatchers that you need an ambulance, and:
 - a. Provide name, address, and telephone number
 - b. Number of individuals injured
 - c. Condition and age of injured
 - d. First aid treatment being done and who is treating the injured
 - e. Location of incident and specific venue directions
 - f. Other information as requested
4. Send a responsible individual to meet the ambulance and direct them to the site
5. Scene control: Limit scene to first aid providers and move bystanders away
6. Allow the ambulance personnel to take over and assist them as needed

Emergency Personnel: Certified Athletic Trainers are on site for all practices and home events. For athletic practices, the certified athletic trainer will be in the training room or rotating around practices. For competitions the certified athletic trainer will be on location for home events.

Emergency Communication: Athletic Trainers can be reached through the walkie-talkie radio; also through telephone in the main athletic training room 847-973-3454 or the field house athletic training room 847-973-3195 or by Cell Phone.

Emergency Equipment: Supplies (Athletic Training Kit, AED, etc.) are maintained by the Athletic Trainer for all practices and home events. Additional emergency equipment is accessible from the athletic training room.

Closest AED Location: 1 mobile AED is kept with the athletic trainer.

AED's – Inside Locations: 1 mobile AED is kept with the athletic trainer.

AED's – Outside Locations: 1 mobile AED is kept with the athletic trainer.

EPI Pen's: Athletic trainers may have spare EPI pens.

Location of Athletic Training Room: The athletic training room is located on the north end of the concessions building

If Athletic Trainer is not available:

EMERGENT

If immediate medical attention is necessary and the Athletic Trainer is not available:

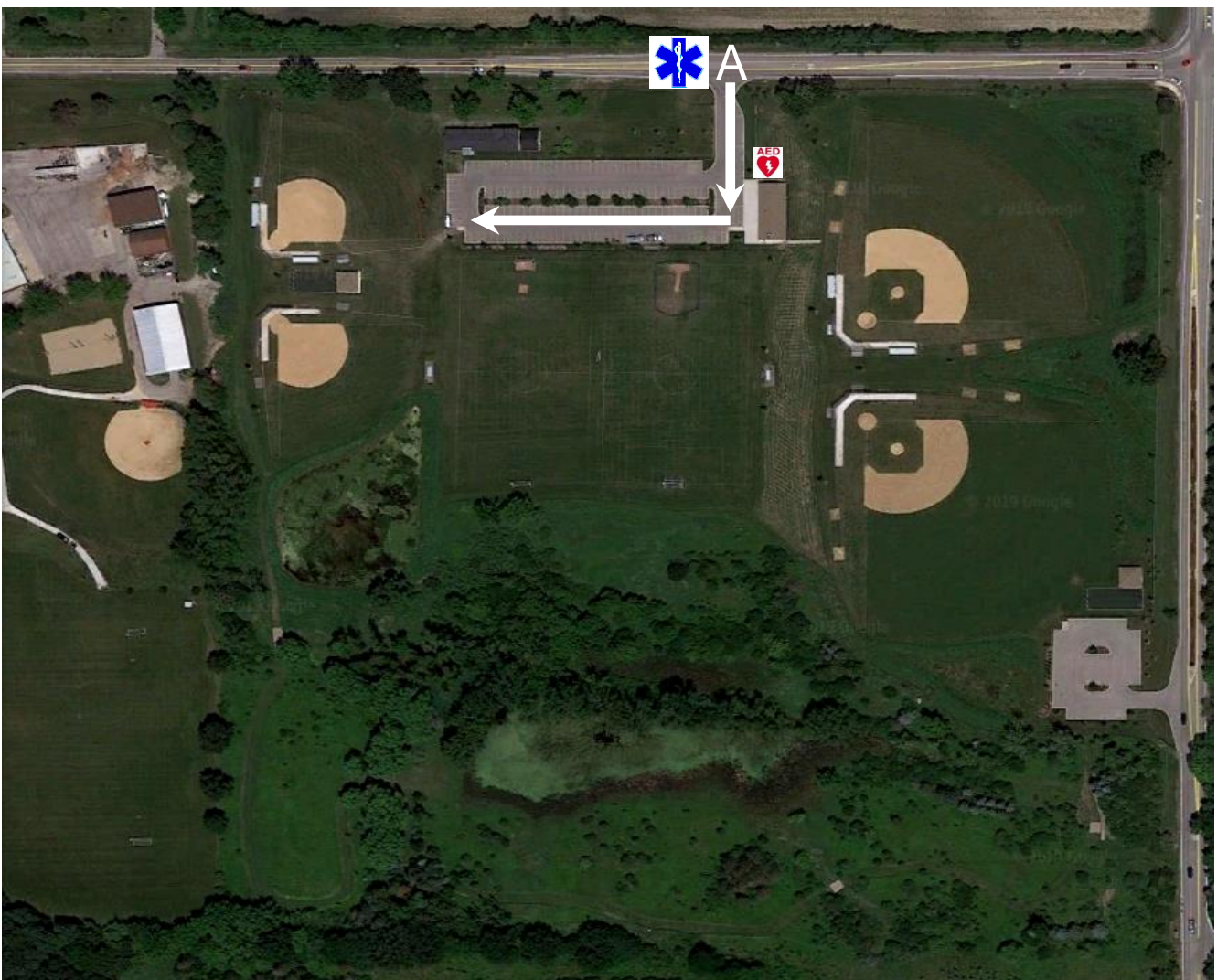
1. Evaluate and stabilize all injuries prior to any movement.
2. Immobilization should be used for any possible fracture or significant injury.
3. In case of possible spine injury, call an ambulance and **DO NOT** move the athlete.
4. Activate EMS
5. If ambulance transport is not required, it is coach's responsibility to get the injured athlete to the emergency room by appropriate means (coach, assistant, administration, athletes parents)
6. Always report any ER visit to the athletic trainer and athletic director by the following day
7. Please provide a copy of ER report to the athletic trainer and athletic director so they can be added to medical records

NON-EMERGENT

If the injury is non-emergent, the coach should advise the athlete to see the athletic trainer as soon as possible. Coaches must report any and all injuries to the athletic trainer. The athletic training room is open for practices and home events for injury evaluations, routine taping and care, rehabilitation, and event coverage.

BULLDOG ATHLETIC COMPLEX (BAC) SOFTBALL FIELDS

Venue Directions: Softball Fields at 26421 W Molitor Rd, Ingleside, IL 60041. Instruct the 911 operator to access the fields through the entrance on Molitor Rd (labeled A on the map), and there is an injured student-athlete in need of emergency medical treatment.



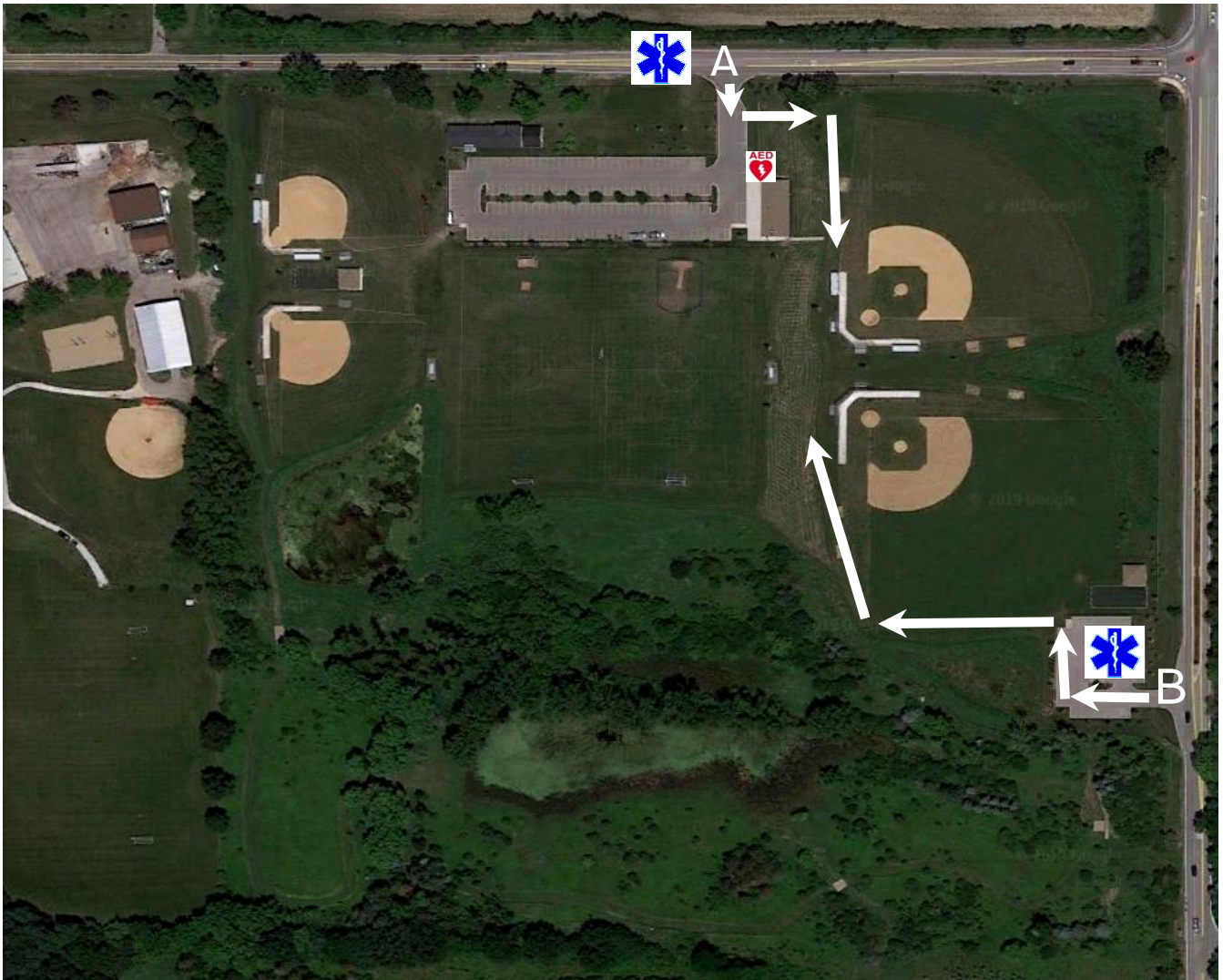
BULLDOG ATHLETIC COMPLEX (BAC) SOCCER FIELDS

Venue Directions: Soccer Fields at 26421 W Molidor Rd, Ingleside, IL 60041. Instruct the 911 operator to access the fields through the entrance on Molidor Rd (labeled A on the map), as there is an injured student-athlete in need of emergency medical treatment.



BULLDOG ATHLETIC COMPLEX (BAC) BASEBALL FIELDS

Venue Directions: Baseball Fields at 26421 Molidor Rd Ingleside, IL 60041. Instruct the 911 operator to access the fields through the entrance on Molidor Rd (labeled A) or 33090 N Fish Lake Rd (labeled B on the map), and there is an injured student-athlete in need of emergency medical treatment.



BULLDOG ATHLETIC COMPLEX (BAC) ATHLETIC TRAINING ROOM

Venue Directions: At 26421 W Molidor Rd, Ingleside, IL 60041. Instruct the 911 operator to access the athletic training room through the entrance on Molidor Rd (labeled A on the map), and there is an injured student-athlete in need of emergency medical treatment.



BULLDOG ATHLETIC COMPLEX (BAC) CROSS COUNTRY TRAIL

Venue Directions: Cross Country Trail at 26421 W Molidor Rd, Ingleside, IL 60041. Instruct the 911 operator to access the fields through the entrance on Molidor Rd (labeled A on the map) or Fish Lake Rd (labeled B on the map), and there is an injured student-athlete in need of emergency medical treatment.



EMERGENCY ACTION PLAN LOCATIONS

MAIN CAMPUS

OUTSIDE FACILITIES

FOOTBALL	Paul G Lewis Field (Press Box & Concession Stand in Blockhouse)
BASEBALL	Fritz Kazlauskys Field – Dugout Storage Shed
SOFTBALL	Softball Field - Dugout Storage Shed
TENNIS	Tennis Storage Shed
LACROSSE	Blockhouse

INSIDE FACILITIES

BASKETBALL	Coaches/PE Office (East Gym)
CHEERLEADING	Athletic Training Room
WEIGHT ROOM	
ATHLETIC TRAINING ROOM	

BENEDETTI FIELD HOUSE

BASKETBALL	Coaches/PE Offices
ATHLETIC TRAINING ROOM	
DANCE/SPIN ROOM	

BULLDOG ATHLETIC COMPLEX (BAC)

BASEBALL	Baseball Storage Shed
SOFTBALL	Softball Storage Shed
SOCCER	Athletic Training Room
CROSS COUNTRY	Athletic Training Room

Grant Community High School Sports Medicine Concussion Policies and Procedures

Introduction

Concussion is a “complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.”

Concussion may be caused either by direct blow to the head or by impulsive forces transmitted to the head by direct impacts to another area of the body. Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously. It may result in neuropathologic changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury. Concussion results in a graded set of clinical symptoms that may or may not involve a loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course, but it is important to note that in a small percentage of cases post concussive symptoms may be prolonged. No abnormality is seen on standard structural neuroimaging studies in concussion.

On field or Sideline Evaluation

The athlete will be evaluated onsite following the emergency action plan as stipulated by the National Athletic Trainers’ Association. If an athletic trainer is not available, the athlete will not return to practice or play. The coach will decide if 9-1-1 should be called. The parent/guardian should be called and informed of their child’s condition. If 9-1-1 is called, an athletic administrator should be contacted immediately. The player is not to be left alone following the injury. Monitoring of the athlete for deterioration is essential over the initial few hours following the injury. Grant Community High School athletic trainers’ sideline evaluation will consist of the SCAT5 evaluation. If a more serious injury is suspected (cerebral hematoma, Second Impact Syndrome) the athlete will be referred to the nearest emergency department by EMS. If concussion is suspected the athlete will be removed from participation. The athletic trainer will notify the athlete’s parent/guardian and provide take home instructions.

Management

Prior to returning to any physical activity, including physical education class, the athlete must report to the athletic training staff for further evaluation. The athlete should not participate in any physical activity until cleared by the sports medicine staff. The athlete should receive as much cognitive rest as possible while symptomatic. Limiting television, video games, text messaging, and other cognitive activities is highly recommended. If the athletic trainer suspects a concussion, the athlete will be referred to a physician (MD or DO) for further evaluation and clearance.

GRANT COMMUNITY HIGH SCHOOL



Return to Play Protocol Following Concussion

The following protocol and guidelines have been established in accordance with the IHSA and National Federation of State High School Associations.

1. Athlete must be free of all concussion signs and symptoms prior to medical clearance to begin protocol
2. Written medical clearance from a licensed physician, licensed to practice medicine in all its branches in Illinois for concussion is required prior to beginning
3. Pre workout sign and symptom assessment is completed by the athletic trainer before each step
4. One step is performed in a 24-hour period. If any concussion symptoms reoccur, the athlete will drop back to the previous level and try to progress after 24 hours of rest.
5. Post workout signs and symptom assessment is completed by the athletic trainer after each step

Protocol Steps

No Activity: Recovery: As the recovery step of the Return to Play Progression the athlete needs to be symptom free at rest for 24 hours.

Step 1: Light Aerobic Exercise

Goal: To increase an athlete's heart rate (Up to 70 % of maximum heart rate)

Activity: 15 to 20 minutes stationary bike ride or walking workout

Step 2: Moderate Exercise

Goal: Add body and head movement.

Activity: Moderate jogging, brief running, moderate-intensity stationary biking

Step 3: Non-contact Training Drills

Goal: Increase exercise, coordination and attention

Activity: Sprinting, Running, high-intensity stationary biking, regular weightlifting routine, and non-contact sport-specific drills. This stage may add some cognitive component to practice in addition to the aerobic and movement components introduced in Steps 1 and 2.

Step 4: Full Contact in a Controlled Practice

Goal: Restore Confidence and Assess functional drills

Activity: Return to normal training activities

Step 5: Full Competition and Game Play