

Emergency Action Plan

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Contact Directory

Bodycentral Physical Therapy Personnel

General Contact	(520) 325 - 4002
Front Desk	
Steve Mills	(520) 444 - 9487
Wellness Director, Physical Therapist Assistant	
Alee Vladyka	(425) 508 - 4948
Athletic Trainer	

FC Tucson Youth Soccer Club Personnel

Dave Cosgrove	(520) 370 - 3717
Club Director of Coaching	
Roberto Garcia	(810) 588 - 2312
Assistant Club Director of Coaching	
Mike Corbus	(520) 488 - 7454
Senior Pro Staff	
Walter Sanchez	(520) 399 - 5334
Senior Pro Staff	

Emergency Numbers

Ambulance/Emergency Medical Services.....	911
Tucson Police.....	520.791.4444
Fire Department, Station 1.....	520.791.4512
Poison Control Center.....	800.222.1222

Emergency Action Plan (EAP)

Personnel

Bodycentral Physical Therapy personnel include the Wellness Director, Physicians, Athletic Trainers, and Emergency Medical Responder trained Physical Therapists. Other personnel that will assist in the implementation of the EAP include coaches and emergency personnel.

Chain of Command

This chain of command dictates who should be in charge in case of emergencies.

The Physician has authority whenever s/he is present. Next in command is the Athletic Trainer, if present, followed by the Emergency Medical Responder trained Physical Therapist. The physician, athletic trainer, and physical therapist work in coordination with local emergency services, if present. If the Physician, Athletic Trainer, Physical Therapist or emergency personnel are not on site, the coach will assume the responsibility of handling the emergency situation accordingly.

Roles and Responsibilities

In the event that an emergency situation arises during an event, the physician, athletic trainer, or physical therapist will respond to the emergency along with a support team. The most qualified medical professional, whether it is the physician, athletic trainer or physical therapist, is in charge of handling the emergency situation, delegating roles, and being the first responder.

The individual accompanying the person in command assumes the role of contacting emergency medical services in the event that another support person is not available. This individual is charged with assisting with medical aid and maintaining documentation of the events as they transpire. Should additional support be available, the primary role of the second responder is to assist with aid and documentation.

If available, a third support person may be called to the field. This person's primary duty is to contact emergency services and gather emergency medical equipment to bring to the site of the injury. If additional support is not available, this person is also delegated the task of directing medical services onto the field and crowd control after they have fulfilled their primary duties.

A fourth support person, if available, will be responsible for directing medical services to the venue and for crowd control should security be unavailable. Security, if available, should be on site and in charge of crowd control.

Emergency Equipment

During games/tournaments/events, the following equipment will be present on the sideline under the supervision of the athletic trainer:

- Spine board
- Spine board strap kit
- Spine board head blocks
- Cervical collars
- Automated external defibrillator (AED) [However, with multiple events occurring at once, the AED will be with the athletic trainer attending the event with the highest likelihood of need.]
- CPR masks
- Splints
- Ice and ice bags
- Blood neutralization kit
- Standard medical kit

These items will otherwise be located at Bodycentral Physical Therapy's Ultimate Sports Asylum and taken to the field for games/tournaments/events.

Athlete personal medical supplies (e.g., Epi-Pen, asthma inhaler) should be kept with the athlete's belongings or parent/guardian.

Communication

Communication in the Event of an Emergency

All Physicians, Athletic Trainers, and Physical Therapists will carry cell phones.

1. Physician, Athletic Trainer, or Physical Therapist will activate emergency action plan and direct plan's execution
 - a. Direct healthcare staff to call 911 if needed
2. Director of Tournament/Event, Officials, and Coaches will be notified
3. Athlete's parents will be notified

Contacting Emergency Services

Phone location: Athletic Trainer and Physical Therapist will have cell phones at all times.

Necessary information to provide to EMS operator:

- Athlete's name, age, sport, and pertinent medical history
- Vital signs, if able
- Suspected injury
- Current signs and symptoms
- Other information requested by dispatcher

Transportation

Transportation of an injured athlete should be performed by emergency medical services when such care is necessary. Athletes with emergent injuries should not be transported in personal vehicles. Athletes with injuries that warrant referral but are not emergent may be transported using a personal vehicle when the athlete and parent/guardian gives their consent to travel in that manner.

Multiple Patient Transport

If a situation arises in which multiple patients need to be transported to an emergency facility, those patients who have sustained life-threatening injuries in need of immediate care will be transported first. Those who have sustained injuries that are not immediately life-threatening emergencies, but have the possibility of deteriorating, will be transported following. Finally, individuals with mild injuries requiring the least amount of emergency care will be transported last.

Rehearsal

Rehearsal and update of EAP will occur annually. Documentation of rehearsal and personnel in attendance will be maintained.

All Venues

During games/tournaments/events, at least one Athletic Trainer or Physical Therapist will be stationed at a centrally located medical tent.

VENUES:

- Kino Sports Complex
- Udall Park

- Mehl Park
- Brandi Fenton Park
- Naranja Park
- Rillito Regional Park

Kino Sports Complex Emergency Action Plan

1. Provide immediate care of the injured or ill athlete and quickly survey the condition.
2. Call 911 or designated emergency number depending on the situation.
 - a. Designate someone to call
 - b. Designate someone to or retrieve the necessary medical equipment
 - i. AED, Medical Kit, Splints, etc.

3. The caller shall provide the following information to the operator:

- a. Identify yourself, role, and call back number
- b. Identify the emergency and the number of injured persons
- c. Inform the athlete's current condition
- d. Provide any additional details the dispatcher asks
- e. Inform operator of the location and address of the incident:

Kino Sports Complex

2500 E Ajo Way

- f. Please name specific ambulance directions and field number.

NORTH

The ambulance will turn north on Forgeus Avenue, then turn right at the end of the road. Then, a left turn at the end of the road and continue to the field entrance on the right.

SOUTH

The ambulance will turn south on Forgeus Avenue, then turn right at the parking lot. Ambulance will be met according to field with injured patient. Give directions accordingly.

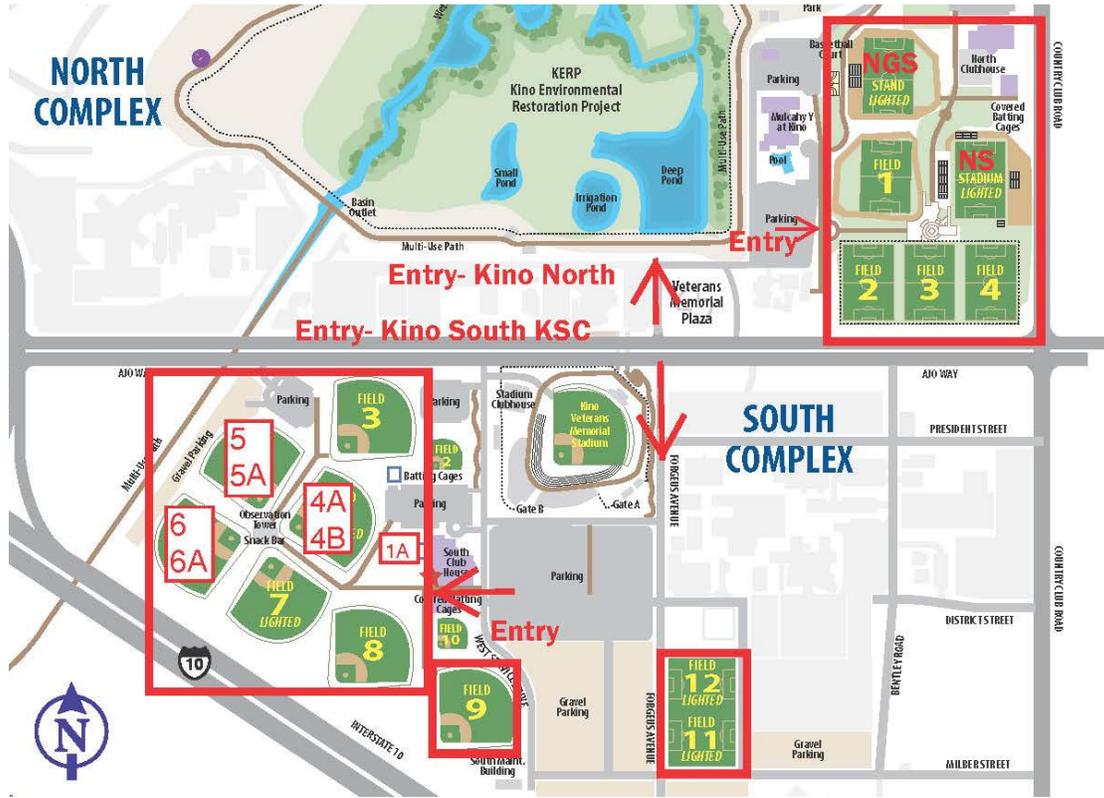
4. Assign a person to be at the entrance to help direct the ambulance/EMS.

The ambulance will be met at the field entrance and directed to the appropriate field with the injured athlete(s).

5. Continue to monitor athlete's condition and continue to provide emergency care until EMS personnel arrive.
6. If you have assistance and equipment, prepare the athlete for transport.
7. Upon arrival of EMS:
 - a. Provide pertinent information
 - i. Method of injury, vital signs, treatment rendered, medical history
 - b. Ensure appropriate documents accompany the athlete (Insurance card, Identification, Allergies, Medications, etc.)

8. Scene control: limit scene to first aid providers and move bystanders away from area

Kino Sports Complex Map and Meeting Place



NORTH MEETING PLACE



Udall Park Emergency Action Plan

1. Provide immediate care of the injured or ill athlete and quickly survey the condition.
2. Call 911 or designated emergency number depending on the situation.
 - a. Designate someone to call
 - b. Designate someone to or retrieve the necessary medical equipment
 - i. AED, Medical Kit, Splints, etc.
3. The caller shall provide the following information to the operator:
 - a. Identify yourself, role, and call back number
 - b. Identify the emergency and the number of injured persons
 - c. Inform the athlete's current condition
 - d. Provide any additional details the dispatcher asks
 - e. Inform operator of the location and address of the incident:

Udall Park
7200 E Tanque Verde Rd
 - f. Please name specific ambulance directions and field number.

The ambulance will enter off of Sabino Canyon Rd and continue straight to the last parking lot, next to the soccer fields.
4. Assign a person to be at the entrance to help direct the ambulance/EMS.

The ambulance will be met at the entrance to the last parking lot and directed to the appropriate field with the injured athlete(s).
5. Continue to monitor athlete's condition and continue to provide emergency care until EMS personnel arrive.
6. If you have assistance and equipment, prepare the athlete for transport.
7. Upon arrival of EMS:
 - a. Provide pertinent information
 - i. Method of injury, vital signs, treatment rendered, medical history
 - b. Ensure appropriate documents accompany the athlete (Insurance card, Identification, Allergies, Medications, etc.)
8. Scene control: limit scene to first aid providers and move bystanders away from area

Udall Park Map and Meeting Place



Mehl Park Emergency Action Plan

1. Provide immediate care of the injured or ill athlete and quickly survey the condition.
2. Call 911 or designated emergency number depending on the situation.
 - a. Designate someone to call
 - b. Designate someone to or retrieve the necessary medical equipment
 - i. AED, Medical Kit, Splints, etc.
3. The caller shall provide the following information to the operator:
 - a. Identify yourself, role, and call back number
 - b. Identify the emergency and the number of injured persons
 - c. Inform the athlete's current condition
 - d. Provide any additional details the dispatcher asks
 - e. Inform operator of the location and address of the incident:

Mehl Park
4000 E River Rd
 - f. Please name specific ambulance directions and field number.

The ambulance will enter off of E River Rd to N Pontatoc Rd and continue straight to parking lot.
4. Assign a person to be at the entrance to help direct the ambulance/EMS.

The ambulance will be met at the entrance to the parking lot and directed to the field.
5. Continue to monitor athlete's condition and continue to provide emergency care until EMS personnel arrive.
6. If you have assistance and equipment, prepare the athlete for transport.
7. Upon arrival of EMS:
 - a. Provide pertinent information
 - i. Method of injury, vital signs, treatment rendered, medical history
 - b. Ensure appropriate documents accompany the athlete (Insurance card, Identification, Allergies, Medications, etc.)
8. Scene control: limit scene to first aid providers and move bystanders away from area

Mehl Park Map and Meeting Place



Brandi Fenton Park Emergency Action Plan

1. Provide immediate care of the injured or ill athlete and quickly survey the condition.

2. Call 911 or designated emergency number depending on the situation.
 - a. Designate someone to call
 - b. Designate someone to or retrieve the necessary medical equipment
 - i. AED, Medical Kit, Splints, etc.
3. The caller shall provide the following information to the operator:
 - a. Identify yourself, role, and call back number
 - b. Identify the emergency and the number of injured persons
 - c. Inform the athlete's current condition
 - d. Provide any additional details the dispatcher asks
 - e. Inform operator of the location and address of the incident:

Brandi Fenton Park
3482 E River Rd
 - f. Please name specific ambulance directions and field number.

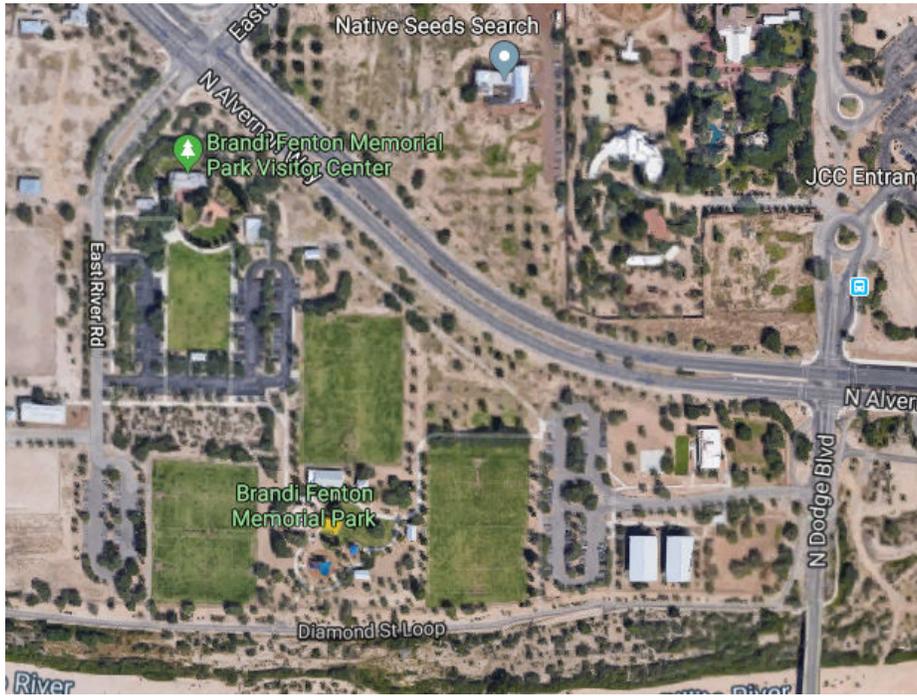
Field 1: *The ambulance will enter off E River Rd and continue straight to the last parking lot.*

Field 2: *The ambulance will enter off E River Rd and take second left, continuing straight to the parking lot*

Field 3: *The ambulance will enter off N Dodge Blvd and continue to parking lot*
4. Assign a person to be at the entrance to help direct the ambulance/EMS.

The ambulance will be met at the entrance to the indicated parking lot
5. Continue to monitor athlete's condition and continue to provide emergency care until EMS personnel arrive.
6. If you have assistance and equipment, prepare the athlete for transport.
7. Upon arrival of EMS:
 - a. Provide pertinent information
 - i. Method of injury, vital signs, treatment rendered, medical history
 - b. Ensure appropriate documents accompany the athlete (Insurance card, Identification, Allergies, Medications, etc.)
8. Scene control: limit scene to first aid providers and move bystanders away from area

Brandi Fenton Park Map and Meeting Places



Field 1

Field 2



Field 3

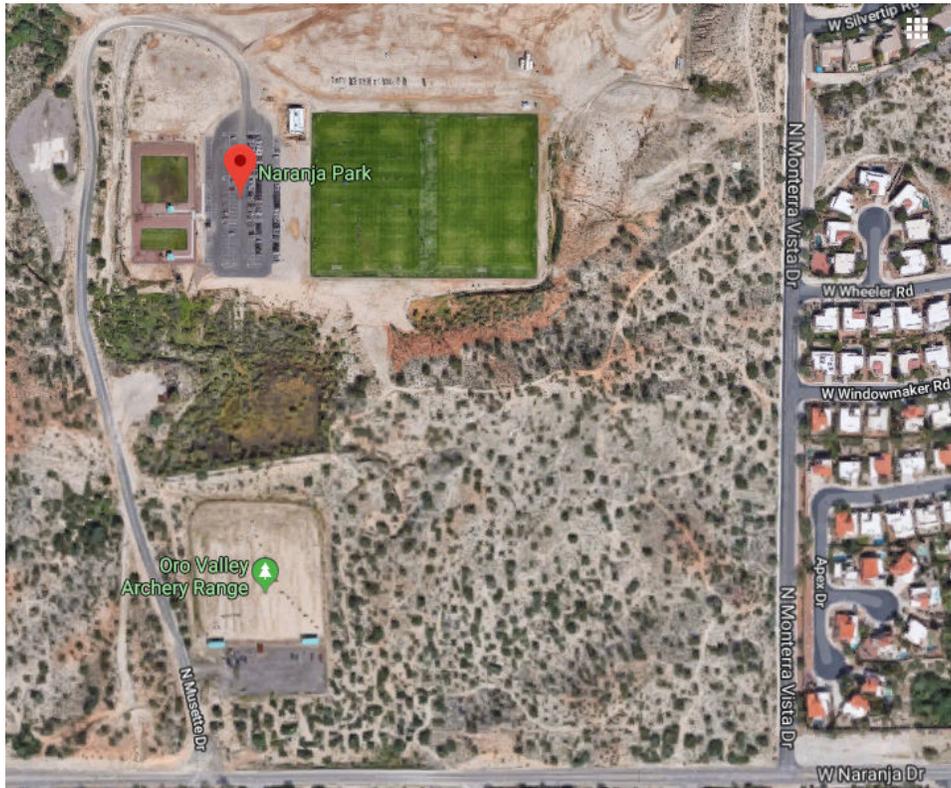


Naranja Park Emergency Action Plan

9. Provide immediate care of the injured or ill athlete and quickly survey the condition.
10. Call 911 or designated emergency number depending on the situation.
 - a. Designate someone to call

- b. Designate someone to or retrieve the necessary medical equipment
 - i. AED, Medical Kit, Splints, etc.
- 11. The caller shall provide the following information to the operator:
 - a. Identify yourself, role, and call back number
 - b. Identify the emergency and the number of injured persons
 - c. Inform the athlete's current condition
 - d. Provide any additional details the dispatcher asks
 - e. Inform operator of the location and address of the incident:
 - Naranja Park
 - 810 West Naranja Dr, Oro Valley
 - f. Please name specific ambulance directions and field number.
 - The ambulance will enter off W Naranja Dr, onto N Musette Dr, and continue straight to the parking lot*
- 12. Assign a person to be at the entrance to help direct the ambulance/EMS.
 - The ambulance will be met at the entrance to the parking lot*
- 13. Continue to monitor athlete's condition and continue to provide emergency care until EMS personnel arrive.
- 14. If you have assistance and equipment, prepare the athlete for transport.
- 15. Upon arrival of EMS:
 - a. Provide pertinent information
 - i. Method of injury, vital signs, treatment rendered, medical history
 - b. Ensure appropriate documents accompany the athlete (Insurance card, Identification, Allergies, Medications, etc.)
- 16. Scene control: limit scene to first aid providers and move bystanders away from area

Naranja Park Map and Meeting Places



Rillito Regional Park Emergency Action Plan

17. Provide immediate care of the injured or ill athlete and quickly survey the condition.

18. Call 911 or designated emergency number depending on the situation.
 - a. Designate someone to call
 - b. Designate someone to or retrieve the necessary medical equipment
 - i. AED, Medical Kit, Splints, etc.

19. The caller shall provide the following information to the operator:

- a. Identify yourself, role, and call back number
- b. Identify the emergency and the number of injured persons
- c. Inform the athlete's current condition
- d. Provide any additional details the dispatcher asks
- e. Inform operator of the location and address of the incident:

Rillito Regional Park

4502 N 1st Avenue

- f. Please name specific ambulance directions and field number.

Fields 1-4: The ambulance will enter off of N 1st Ave, south of Bromley Rd, then continue straight to the race track grandstand.

Fields 5-9: The ambulance will enter at Bromley Rd off of N 1st Ave and continue straight to the parking lot

Fields 10 & 11: The ambulance will enter off of N 1st Ave, south of Bromley Rd, then turn left into the parking lot

20. Assign a person to be at the entrance to help direct the ambulance/EMS.

The ambulance will be met at the indicated parking lot entrance or at the grand stand

21. Continue to monitor athlete's condition and continue to provide emergency care until EMS personnel arrive.

22. If you have assistance and equipment, prepare the athlete for transport.

23. Upon arrival of EMS:

- a. Provide pertinent information
 - i. Method of injury, vital signs, treatment rendered, medical history
- b. Ensure appropriate documents accompany the athlete (Insurance card, Identification, Allergies, Medications, etc.)

24. Scene control: limit scene to first aid providers and move bystanders away from area



Fields 1-4

Fields 5-9



Fields 10 & 11

