

## Old Rochester Youth Football

### 2011 Emergency Plan Sheet

#### Emergency Contact Numbers:

- |                            |              |
|----------------------------|--------------|
| 1) Rochester Police        | 508-763-5112 |
| 2) Mattapoisett Police     | 508-758-4141 |
| 3) Marion Police           | 508-748-1212 |
| 4) STAT Ambulance          | 508-992-2230 |
| 5) Poison Control          | 800-222-1222 |
| 6) Thomas Flynn cell phone | 508-863-0518 |

#### Medical Emergency Response

1. First Aid Certified coach responds to emergency
2. If EMT's are present, EMT's shall be prompted to respond
3. Assistant coach secures emergency contact sheet
4. If minor injury, first aid administered; if parent is present, parent is informed; if parent is not present, parent shall be contacted to inform of minor injury at conclusion of activity
5. If injury requires medical assistance, local emergency contact is called
6. Team parent or designee will meet emergency medical personnel (EMP) at entrance to field/facility
7. Assistance coach will contact parent/emergency contact

#### Lightning Emergency

Flash to Bang Method shall be used to determine lightning proximity. Count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide that number by 5 to obtain how far away in miles the lightning is occurring. For example, if the lightning flash is seen and then 15 seconds later the bang of thunder is heard, the lightning is 3 miles away.

1. If lightning is sighted, the ORYF official on site will assess threat using the flash to bang method. If an emergency is determined the official shall call for an evacuation of the field.
2. Players will be escorted to vehicles. Players will leave with parents in vehicles.
3. If a player's parent is not in attendance at the practice, then the player will be transported/escorted to the "designated waiting area" and will be supervised by coaches until parents arrive. The following are the designated waiting areas:  
Plumb Corner Fields: main awning at Plumb Corner Plaza  
ORRHS: main high school building  
Old Hammondton: main awning at school entrance  
Dexter Lane Fields: Restroom/Storage Building