

Arlington Stallions Rugby Club (ASRC)

EMERGENCY ACTION PLAN

AMBULANCE: Dial 9-1-1

POLICE: Dial 9-1-1

ADDRESS LOCATIONS TO PROVIDE TO EMERGENCY SERVICES:

ASRC Home Matches

Busse Woods Forest Preserve (Grove #28)

Golf Road, immediately east of Route 53

Rolling Meadows, IL

Or

Woodland Meadows Forest Preserve

Rohlwing Road, ½ mile north of Biesterfeld Road

Elk Grove Village, IL

Outdoor Practice Locations

Klehm Park

N. Wilshire Lane and E. Hawthorne St.

Arlington Heights, IL 60004

CERTIFIED ATHLETIC TRAINER FOR HOME MATCHES

Provided by Mary Polley ATC or staff as assigned by the Illinois Bone and Joint Institute Inc.

Preferred Hospital for home matches (at Busse Woods FP) and training sessions:

Northwest Community Hospital

800 W. Central Rd.

Arlington Heights, IL 60005

847-618-1000

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Directions:

From Busse Woods Forest Preserve:

Proceed east on Golf Road to New Wilkie Road (at Portillo's restaurant_

Turn left to proceed north to Central Road

At Central Road, turn right (east). Hospital is ½ mile on north side of street

From Klehm Park:

Leave park south on Wilshire to Euclid Ave.

Turn right onto Euclid (west) Ave. and proceed to Arlington Heights Road

Turn left (south) on Arlington Heights Road and proceed to Central Road

Turn right onto Central Road (west) and proceed to hospital (approx.. 1 mile)

**For matches played at Woodland Meadows Forest Preserve
Alexian Brothers Medical Center
800 Biesterfield Road
Elk Grove Village, IL 60007
847-437-5500**

<https://www.google.com/maps/dir//800+Biesterfield+Rd,+Elk+Grove+Village,+IL+60007/@42.0053839,-88.0855572,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x880fae22340d472d:0xf8a9d994a27b0a1d!2m2!1d-88.0155173!2d42.0054052>

Directions:

Proceed south (left) from Woodland Meadows parking lot to Biesterfield Road

Turn left and proceed east to the hospital (it will be on the north side of Biesterfield).

MEDICAL & EMERGENCY EVENT PLAN

Participant Medical:

- For home matches, no match will start without qualifying medical staff in attendance and whose sole responsibility shall be to attend to the medical needs of all participants in accordance with Rugby Illinois Policy.
- All ASRC Coaches will maintain a copy of ASRC Stack Team App on mobile devices which contains emergency contact information for at least one parent or guardian for each player.
- In the event of a player emergency without a parent/guardian present, the head coach, or an assistant coach shall call that player's emergency contact and make all reasonable efforts to complete that contact. This will be after first calling 9-1-1 as the situation may warrant and as instructed by qualifying medical personnel.
- If a player must be transported to hospital emergency room prior to parent arrival, a coach or club administrator will travel with the player.
- The order of authority for any medical emergency shall be the qualifying medical personnel, then head coach, or acting head coach.

For training sessions:

- All coaches have, at minimum, been certified in First Aid in Rugby (FAIR); in addition to Cardiac Arrest; Heat Exhaustion; and Concussion recognition through World Rugby certifications and will initiate protocols as defined by this training
- All coaches have completed USAR L100; L200; or L300 coaching certifications or World Rugby, or World Rugby member equivalents.
- A baseline medical kit will be at all training sessions to address minor injuries.
- At least one World Rugby L1 certified coach will be present at all training sessions where contact drills take place.

Other Emergency or Urgent Situations

- For emergency requiring paramedic or police presence, call 9-1-1 and advise of location per above addresses and facility description.

Severe Weather:

- When the alarm sounds (single long siren blast) and even if no violent weather is in the immediate vicinity the lightning protocol must be adhered to as follows:
 - ○ ALL participants must leave open playing field areas and seek immediate shelter under the main pavilion or in personal vehicles.
 - NO participants are permitted to return to any open field areas until the system sounds the all clear (3 short siren blasts). The all clear will sound when the system no longer detects atmospheric conditions that may trigger a lightning strike. This may occur sooner than the 30-minute window prescribed by RIL Policy or may take longer than that window of time. The detection system supersedes RIL policy on this point.
- For outdoor training sessions, there is no lightning detection system.
- We will follow the prescribed RIL lightning protocol that requires open areas to be vacated for 30 minutes from the last sighted lightning with timer starting over for each subsequent sighting.
- All participants shall seek shelter in personal vehicles until an ASRC coach provides the all clear (30 minutes with no visible lightning) or cancels practice.
- If a match or practice is cancelled, a notification shall be sent via StackTeam App and an ASRC coach will remain until all players have been picked up

Concussion Protocol

The ASRC follows the World Rugby protocol for treatment of suspected and confirmed concussions.

Reviewed/revised on March 26, 2023

Paul Bergman/Head Coach