

# Plainfield Rugby Club (PRC)

## EMERGENCY ACTION PLAN

**AMBULANCE:** Dial 9-1-1

**POLICE:** Dial 9-1-1

**ADDRESS LOCATIONS TO PROVIDE TO EMERGENCY SERVICES:**

**PRC Home Matches**

***Plainfield Central High School - South Fields***

24120 W. FT. Beggs Drive

Plainfield, IL 60544

**Outdoor Practice Locations**

***Plainfield Central High School - South Fields***

24120 W. FT. Beggs Drive

Plainfield, IL 60544

**CERTIFIED ATHLETIC TRAINER FOR HOME MATCHES**

Provided by Impact Sports Rehab and Chiropractic/Dr. Lindsey and Brandon Polaskey

**Preferred Hospital for home matches and training sessions:**

Edward Plainfield Campus, 24600 West 127th St Building A, Plainfield, IL 60585

Directions:

Turn right on Fort Beggs Dr.

Go to Rt. 59. and go North

Take rt. 59 to 127th street.

Go left on 127th street, hospital is on the right hand side (north side of 127th)

## ***MEDICAL & EMERGENCY EVENT PLAN***

Participant Medical:

- For home matches, no match will start without qualifying medical in attendance and whose sole responsibility shall be to attend to the medical needs of all participants in accordance with Rugby Illinois Policy.
- Coaches will maintain a copy of PRC Emergency Binder which contains emergency contact information for at least one parent or guardian for each player.
- A printed, hard copy roster with emergency contact information will also be maintained on the sideline in the head coach's clipboard.
- 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 effort 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.
- Any player with concussion or suspected concussion should be immediately and permanently removed from training or play.
- If a player must be transported to the 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. Coaches have access to two AEDs that are housed in the club's trailer adjacent to the field. The AEDs are available for home matches as well as able to travel with the coaches to away matches.
- At least one L200 (or equivalent) certified coach will be present at all training sessions where contact drills take place.

#### Other Emergency or Urgent Situations

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

#### Severe Weather:

- If there is a lightning warning system and 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 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 time starting over for each subsequent sighting.
  - All participants shall seek shelter in personal vehicles until the head coach (or acting head coach) provides the all clear (30 minutes with no visible lightning) or cancels practice.
- If a match or practice is canceled, a notification shall be sent via email and at least two coaches will remain until all players have been picked up.