

South Suburban Rugby Club (SSRC)

EMERGENCY ACTION PLAN

AMBULANCE: Dial 9-1-1

POLICE: Dial 9-1-1

ADDRESS LOCATIONS TO PROVIDE EMERGENCY SERVICES:

SSRC Home Matches

Lincoln-Way North High School

Location: LW North High School, 19900 S Harlem Ave, Frankfort, IL 60423

Middle School Festival Location:

Location: Liberty Junior High 151 Lenox St, New Lenox, IL 60451

Outdoor Practice Locations

Location: Liberty Junior High 151 Lenox St, New Lenox, IL 60451

CERTIFIED ATHLETIC TRAINER FOR HOME MATCHES

Provided by Integrated Physical Medicine

Preferred hospital for training sessions and Middle School Festival at Liberty Jr High:

Silver Cross Hospital

1900 Silver Cross Blvd, New Lenox, IL 60451

(815) 300-1100

Preferred hospital for high school home games at LW North:

Advocate South Suburban Hospital

17800 Kedzie Ave, Hazel Crest, IL 60429

(708) 799-8000

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 SSRC Team App on mobile devices 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 a 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.
- 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 been certified by USA Rugby and have completed necessary training programs as required.
- A baseline medical kit will be at all training sessions to address minor injuries.
- 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 emergency requiring police presence, call 9-1-1 and advise of location per above addresses and facility description.

Severe Weather:

- 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 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 cancelled, a notification shall be sent via the team app and at least two coaches will remain until all players have been picked up