

NEWARK JR REDS

FOOTBALL & CHEERLEADING

EMERGENCY ACTION PLAN

Effective Date: _____ Reviewed/Updated: _____

Program: Newark Jr Reds Football & Cheerleading

1. PURPOSE

The purpose of this Emergency Action Plan (EAP) is to establish clear procedures for responding to medical emergencies, severe weather, heat-related conditions, and other situations that may occur during Newark Jr Reds football and cheerleading practices, games, competitions, or other team activities. The safety and well-being of all athletes, coaches, volunteers, staff, officials, and spectators is the highest priority of the Newark Jr Reds.

2. EMERGENCY PERSONNEL

- At least **one coach or Newark Jr Reds board member who is currently certified in First Aid, CPR, and AED use** will be present at all football and cheerleading games and practices.
- Certified personnel are responsible for responding to **all medical emergencies involving athletes, coaches, staff, volunteers, officials, and spectators**.
- Certified personnel will assess the situation, determine the appropriate level of response, and provide care within the scope of their training.
- When additional medical assistance is necessary, **911 will be activated without delay**.
- When available and able to provide support, Newark Jr Reds will contract with **NAVA Volunteer Ambulance** for additional emergency medical support. Services and responsibilities are governed by the current annual contract between NAVA Volunteer Ambulance and Newark Jr Reds.
- Coaches and board members should be familiar with the location and operation of all AEDs, emergency equipment, emergency exits, and designated shelter areas.

3. AED AVAILABILITY

Newark Jr Reds will maintain access to an AED for use during practices and games. In addition to the AEDs already available at the school and athletic field, Newark Jr Reds will have an **additional AED available with board members/staff during games and practices**. The AED will be available for emergencies involving athletes, coaches, staff, volunteers, officials, or spectators. In a suspected cardiac emergency, 911 should be activated immediately, CPR initiated by a trained individual, and an AED retrieved and used as soon as possible.

4. MEDICAL EMERGENCY RESPONSE

- 1 Ensure scene safety before approaching the individual.
- 2 The certified First Aid/CPR/AED staff member or board member will **assess the individual and the scene** and determine the appropriate response.
- 3 If the situation is life-threatening, serious, or beyond the responder's training, **911 will be called immediately for additional emergency medical support**.
- 4 Provide appropriate first aid, CPR, and/or AED care within the responder's level of training.
- 5 Designate an individual to retrieve the appropriate AED and another individual to meet and direct EMS to the emergency location.
- 6 Keep other athletes and spectators away from the emergency area and provide EMS with adequate space to respond.
- 7 Notify the athlete's parent/guardian as soon as reasonably possible when applicable.
- 8 Certified staff will remain with the individual until care is transferred to EMS or another qualified medical provider, when appropriate.
- 9 Notify appropriate Newark Jr Reds leadership.
- 10 Ensure required **FLYFCL incident reports are completed and submitted in a timely manner**.

Emergency medical care will never be delayed while waiting for a parent, guardian, board member, NAVA Volunteer Ambulance, or any other individual to arrive.

5. SEVERE WEATHER AND STORM PROCEDURES

The Newark Jr Reds will monitor weather conditions before and throughout all practices, games, competitions, and outdoor activities. In the event of a **storm or significant weather during practice**, all athletes, coaches, staff, and volunteers will move **inside the middle school cafeteria**. Coaches are responsible for immediately stopping practice, directing athletes to the designated shelter, accounting for all athletes under their supervision, and maintaining supervision until the weather threat has passed and leadership determines it is safe to return outside. Parents and spectators should also seek appropriate shelter. If the cafeteria is unavailable or unsafe, Newark Jr Reds leadership will identify an alternative safe shelter.

6. THUNDER AND LIGHTNING POLICY

Newark Jr Reds will follow a **thunder/lightning safety policy** designed to minimize the risk of lightning-related injury. When thunder or lightning is observed or conditions indicate a potential lightning threat, outdoor activities will be **delayed, suspended, canceled, or rescheduled** when necessary to protect athletes and participants. Athletes, coaches, staff, and spectators will move to appropriate safe shelter. Activities will not resume simply because the weather temporarily improves. Newark Jr Reds leadership will monitor conditions and determine when it is safe to resume. **The safety of athletes and participants takes priority over completing a practice, game, or competition.**

7. HEAT INDEX PRECAUTIONS

Newark Jr Reds will monitor the **heat index and environmental conditions**, particularly during summer practices and periods of extreme heat or humidity. Precautions may include modifying or shortening practices, providing additional water breaks, increasing rest periods, moving activities to a cooler or shaded location when possible, reducing equipment or activity intensity, and delaying, canceling, or rescheduling activities when conditions present an unacceptable risk. Athletes should immediately report dizziness, headache, nausea, weakness, confusion, excessive fatigue, or feeling unusually ill.

8. HYDRATION

Adequate hydration will be encouraged and supported at all football and cheerleading activities. Coaches and team personnel will ensure athletes have access to water, schedule regular hydration breaks, encourage drinking before, during, and after physical activity, increase hydration opportunities during hot or humid conditions, and monitor athletes for signs of dehydration or heat illness.

9. EMERGENCY ACCESS

Coaches and event personnel will maintain clear access for emergency vehicles and personnel. Emergency access areas must not be blocked by vehicles, equipment, team tents, spectators, or other obstructions. When EMS is called, a designated individual should meet the responding ambulance and direct EMS personnel to the emergency.

10. SPECTATOR SAFETY

The safety of spectators and visitors is a priority during Newark Jr Reds activities. Coaches, board members, event staff, and volunteers should encourage spectators to follow facility and event safety rules; maintain clear walkways, exits, emergency access routes, and EMS access; direct spectators to appropriate shelter during severe weather; ensure spectators do not remain in unsafe areas during lightning, severe storms, extreme heat, or other hazardous conditions; keep spectators away from active emergency scenes; and communicate weather-related delays, cancellations, evacuations, or shelter instructions when necessary. Spectators must follow instructions from Newark Jr Reds personnel, school personnel, officials, and emergency responders. Medical emergencies involving spectators will be handled using the same assessment and 911 procedures.

11. COMMUNICATION

During an emergency, communication should be clear, calm, and direct. The person contacting 911 should provide the Newark Jr Reds location, specific field or facility, nature of the emergency, number of individuals requiring assistance, known relevant medical information, and a callback number when possible. Coaches should maintain communication with Newark Jr Reds leadership throughout the incident.

12. PARENT/GUARDIAN NOTIFICATION

Parents or legal guardians should be notified as soon as reasonably possible when an athlete experiences a significant injury, medical emergency, suspected concussion or other injury requiring removal from activity, heat-related illness, EMS evaluation or transportation, or another incident requiring notification. Emergency medical care should **never be delayed** while waiting for a parent or guardian to arrive.

13. INCIDENT REPORTING AND FOLLOW-UP

Newark Jr Reds will document significant medical emergencies, injuries, and other incidents in accordance with Newark Jr Reds and **FLYFCL requirements**. Certified staff and/or designated Newark Jr Reds personnel are responsible for ensuring required incident information is documented accurately and that a **FLYFCL incident report is filed in a timely manner** when an incident meets league reporting requirements. Reports should include, when applicable, the date/time, location, individual involved, whether the person was an athlete, coach, staff member, volunteer, official, or spectator, description of the incident, initial assessment, care provided, 911/EMS involvement, parent/guardian notification, responding personnel, witnesses, and follow-up required.

14. RESPONSIBILITY OF CERTIFIED PERSONNEL

- 1 Assess** medical emergencies promptly.
- 2 Provide appropriate first aid, CPR, and/or AED care** within certification and training.
- 3 Call 911 for additional emergency medical support** whenever the situation warrants.
- 4 Assist** with directing EMS to the emergency location and maintaining a safe area.
- 5 Notify** appropriate Newark Jr Reds leadership and parents/guardians when applicable.
- 6 Ensure required FLYFCL incident reports are completed and submitted in a timely manner.**
- 7 Participate** in appropriate follow-up after a significant emergency.

The presence of certified personnel does not replace the need to activate 911 when emergency medical services are required. When in doubt, call 911.

15. TRAINING AND PLAN REVIEW

Newark Jr Reds will make reasonable efforts to ensure coaches and board members are familiar with this Emergency Action Plan. At least one individual certified in First Aid, CPR, and AED use will be present at all Newark Jr Reds games and practices. The plan should be reviewed annually and updated as necessary for facility changes, emergency contacts, AED locations, medical support arrangements, changes to the NAVA contract, weather or heat safety recommendations, and applicable league requirements.

16. EMERGENCY ACTION PRIORITY

1. Athlete and participant safety 2. Activation of emergency medical services when needed 3. Appropriate first aid/CPR/AED response 4. Safe evacuation or shelter 5. Parent/guardian notification 6. FLYFCL incident reporting and follow-up

SAFETY COMES FIRST. Newark Jr Reds reserves the authority to delay, modify, suspend, cancel, or reschedule any practice, game, competition, or event whenever weather, environmental conditions, medical concerns, or other circumstances present a safety risk.