

Emergency Action Plan: VHSL State Cross Country Meet
Great Meadows Park
Revised: October 27, 2015

ADDRESS: 5089 Old Tavern Rd, The Plains, VA 20198

NEAREST HOSPITALS

- Fauquier Hospital (500 Hospital Dr, Warrenton VA)
- Haymarket Medical Center (15225 Heathcote Blvd, Haymarket VA)

VENUE DIRECTIONS

Multiple gates located along Old Tavern Road

- Gate #1 for parking/spectator
- Gate #2 for EMS



EMERGENCY PERSONNEL

- 4 athletic trainers stationed primarily at the finish line area of the course
- 1 athletic trainer in a cart either following the group, or positioned where the runners can be observed on the course.
- Emergency Medical Services are provided Fauquier County Fire and Rescue Department. Station #4 located in The Plains, is the primary station that services Great Meadows Park.
- Other event staff members will be called upon to assist in providing transportation of injured athletes, meeting and leading EMS vehicles to needed area, and may be required to provide basic first aid until an ATC arrives at the injured athlete's location.

EMERGENCY COMMUNICATION

All athletic trainers will have 2-way radios to communicate with meet director, lead official and other event staff members. In addition, athletic trainers will have cellphones with properly charged batteries for activating EMS; landlines are also on site at both the steward's stand and main building of Great Meadows Park (540) 253-5001.

EMERGENCY EQUIPMENT

- All-terrain vehicles are available to transport athletic trainers and event staff members around the course and will be used transport injured runners as needed.
- Each athletic trainer will have a medical kit with adequate supplies for providing basic first aid care and equipment to establish and/or monitor victims' vital signs as needed. These supplies include ice (with ice bags), water and towels for cooling heat injuries as well as blanket for restoring body heat for cold weather injuries. The steward's stand also have rooms that can be used to provide warmth and discretion when needed.
- A minimum of one (1) AED with accessory kit will be located at the Finish Line area of the course. When possible, a 2nd AED will be with the athletic trainer in the vehicle monitoring the racers on the course.

ROLE OF FIRST RESPONDERS

1. Providing immediate care for the injured/ill student-athlete
 - a. Along the course route, coaches and spotters may provide initial care and comfort until student-athlete can be safely moved (obvious non-life threatening or spinal injury) and/or an athletic trainer arrives to provide immediate medical assessment and care of victim.
 - b. Athletic trainers will provide immediate assessment and care of injured/ill student-athletes at Finish Line area and/or upon arrival at the site of a fallen/injured competitor.
2. Activating EMS

Only the athletic trainers should activate EMS, i.e., actually make the 9-1-1 call. While any athletic trainer can call for EMS, when possible the athletic trainer with the most experience at this event should activate EMS. Dispatchers will be advised of the number and types of injury(ies) involved, specific location at Great Meadows Park, and will be given instructions to enter park via Gate #2 where they will be met meet by an event staff member operating a vehicle.
3. Retrieving emergency equipment

Emergency equipment is on-hand at the medical area at the Finish Line. Other athletic trainers, event staff members, student aides or adult volunteers will assist in bringing requested equipment to those injured student-athletes who cannot move or be moved.
4. Directing EMS to the scene

Event staff member with a vehicle will meet EMS vehicles at Gate #2 and lead them via the most direct route to the Stewards' stand or other area along the course.

 - If EMS is needed along the race course, they will be lead through a gate at the Finish Line area, and through one of 2 access gates along the "infield" of the course. The key to this gate will maintained at the Finish Line by the Athletic Training staff.
5. Providing "crowd control"

The location of the medical area at the Finish Line is situated where crowd control is easily facilitated. The adjacent fences, and structures of building easily restricts others from gaining access to medical treatment areas. When needed, athletic trainers not involved with injury care, and other event staff members will provide crowd control in the finish area or on the course.