



**Lake Braddock Secondary School  
Emergency Action Plan  
Weight Room**

**Address:** 9200 Burke Lake Road, Burke, VA 22015; GPS 38.8033° N, 77.2660° W

**Contact Numbers:** Kristyn Wharton – Head Athletic Trainer – 571-253-5094  
Brittany Arndt – Associate Athletic Trainer – 443-465-8068  
Athletic Training Room – 703-426-1176  
Janice Pritchett – Director of Student Activities – 571-221-3962

**Nearest AED (when no ATC present):** Door 12 - wall unit on Main Hallway, just past the Weight Room

**Emergency Supplies Available (when ATC present):** First Aid Supplies, AED, Crutches, Splints, EpiPen

**\*In the event emergency medical services are required, the following plan should be followed:**

- Certified Athletic Trainer (Kristyn Wharton, Brittany Arndt, etc.) will provide immediate care for the athlete and alert the respective team coach to activate EMS by calling 911 from their cell phone.
  - o *If no ATC at the Weight Room*, a coach will provide immediate first aid and assistant coach/teammate/designee will get the AT from the Athletic Training Room (Contact #s listed above, Door 10 - Room G101)
  - o *If no ATC on campus at the time of the incident*, the coach will call EMS and provide immediate care until EMS arrives. He/she/they must notify Kristyn Wharton once EMS takes over care for the athlete
- EMS will be given the following instructions to access the Weight Room:
  - o Address is 9200 Burke Lake Rd.
  - o From Burke Road, take a left at the entrance to the school and then a right at your second turning opportunity. Continue down and enter the fenced-in parking lot, then turn left and park and enter at Door 12. \*If the fenced-in lot is closed, instruct them to loop around to Door 14.
  - o A school employee must meet EMS at Door 12 or 14 and escort to the Weight Room.
- Once EMS is on the scene, the coach must retrieve the athlete's Emergency Care Form and inform EMS of any medical conditions, allergies, or medications.
- ATC/Coach/Designee must notify the emergency contact listed on the student-athlete's Emergency Care Form and provide information on where the athlete will be taken for treatment.
- Administrators/Coaches/Designee will provide crowd control to ensure medical professionals have a clear area to care for the student-athlete and answer any questions they may have.
- Once EMS has left the building, Kristyn Wharton and Janice Pritchett must be notified immediately.

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\* **Red lines** indicate ambulance access

\* **Green lines** indicate foot access to Door 7

\* **Yellow circles** indicate gates that must be opened for ambulance

\* **Blue circles** indicate doors that must be opened for EMS

**Nearest Hospital-Based ER:**

Inova Fairfax Hospital (Trauma 1)  
3300 Gallows Rd  
Falls Church, VA 22042

**Nearest Stand-Alone ER:**

Inova ER – Fairfax  
4315 Chain Bridge Rd  
Fairfax, VA 22030

**Nearest Urgent Care:**

Inova Urgent Care – West  
Springfield (Closes at 8pm)  
6230 Rolling Rd #J  
Springfield, VA 22152



## COMMUNITY USE Emergency Action Plan Weight Room

**Address:** 9200 Burke Lake Road, Burke, VA 22015; GPS 38.8033° N, 77.2660° W

**\*In the event emergency medical services are required, the following plan should be followed:**

- If there is a Certified Athletic Trainer on-site, they will provide immediate care for the athlete and alert the respective team coach to activate EMS by calling 911 from their cell phone.
  - o *If no ATC on-site*, the coach will call EMS and provide immediate care until EMS arrives. Put phone on speaker if providing care alone.
- EMS will be given the following instructions to access the Weight Room:
  - o Address is 9200 Burke Lake Rd.
  - o From Burke Road, take a left at the entrance to the school and then a right at your second turning opportunity. Continue down and enter the fenced-in parking lot, then turn left and park and enter at Door 12.
  - o \*If the fenced-in lot is closed, instruct them to loop around to Door 14.
- A coach/designee must meet EMS at Door 12 or 14 and escort to the Weight Room.
- Coach/Designee must notify the parent/emergency contact and provide information on where the athlete will be taken for treatment if parent is not on-site.
- Coaches/Designee will provide crowd control to ensure medical professionals have a clear area to care for the student-athlete and answer any questions they may have.