



**Lake Braddock Secondary School
Emergency Action Plan
Wrestling 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): Concession Stand - wall unit on Main Hallway, just past the concession stand (around the corner)

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 Wrestling 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 Wrestling Room:
 - o Address is 9200 Burke Lake Rd – backside of the building, Door 7.
 - o Come to the backside of the school via Lake Braddock Dr. Take second right, across from Mersea Ct, then turn left and continue until you get to Door 7. Park and enter at Door 7.
 - o A school employee must meet EMS at Door 7 and escort to the Wrestling 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 line** indicates ambulance access

* **Green line** indicates foot access to Door 7

* **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 Wrestling 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 Wrestling Room:
 - o Address is 9200 Burke Lake Rd.
 - o Come to the backside of the school via Lake Braddock Dr. Take second right, across from Mersea Ct, then turn left and continue until you get to Door 7. Park and enter at Door 7.
- A coach/designee must meet EMS at Door 7 and escort to the Wrestling 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.