

# Roosevelt High School

## Emergency Care Plan

### **The following information is based for the gymnasium.**

Our school does not have an athletic trainer on site or part time. Chicago Public Schools does not have the budget to supply such a demand. The need for all coaches trained in First Aid, CPR, and AED is necessary to be employed at our school. Our school does have a Health Center that has licensed physicians on site but only on Tuesday and Thursdays.

Provided for each team is a First Aid kit. In each First Aid kit many materials are necessary. When opening the kit a coach should find the following:

Athletic tape	Tape scissors	Nose plugs (tampons)	Eye wash solution
Ice packs	Band aids	Q tips	Hydrogen peroxide
Gauze pads	Foam soap	Ammonia	Germicide hand wash
Tongue pressures	Rubber gloves	Iodine pads	Alcohol prep pads
Alcohol bottle	Small mirror	Tweezers	

Also located in the gymnasium is an AED. All coaches have accessibility to this system in case of an emergency.

Communication considerations based for the gymnasium is located on the second floor. A phone line is based in an office in the main gymnasium. Another phone line is based in another office located between both the main gymnasium (room 241) and the secondary gymnasium (room 247).

At the time of an incident, the head coach is in charge. They would direct their assistant coaches to help in an athletic injury situation. The Emergency Care Provider is the head coach. Their responsibility is the safety and well being of the athlete. In the event an incident has happened, the first stage is to evaluate the injury. Does the athlete need advanced immediate care (call 911) or may they be treated on the spot. If the incident was serious, then the head coach would direct the assistant coach to call 911. The head coach would then treat the injury to the best of their ability without causing more damage. Meaning they may apply ice, supply a blanket, or elevate the injury. It depends on the scenario.

If the injury was caused at an away event, the head coach is still the Emergency Care provider because they are ultimately responsible for the athlete. In this scenario, they would also have their assistant coach contact their parent by cell phone. All coaches are also required to have a cell phone in case of emergency.

Once 911 have been contacted, and additional help is not necessary at that time from the assistant coach, they are to contact the parent. Coaches and Chicago Public Schools use the following for contact information:



# PLAYERS RECORD CARD

(Permission Form)

CHICAGO PUBLIC HIGH SCHOOLS ATHLETIC ASSOCIATION

Student-Athlete: \_\_\_\_\_ / \_\_\_\_\_  
(Last) (First)

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Current Age: \_\_\_\_  
(Month) (Day) (Year)

Address: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
(Street) (City) (State) (Zip)

SPORT/S \_\_\_\_\_

LEVEL: V \_\_\_\_ F/S \_\_\_\_ BOYS \_\_\_\_ GIRLS \_\_\_\_

ID # \_\_\_\_\_

Year in School: Senior / Junior / Sophomore / Freshman  
(Circle One)

### (Parental Permission)

The information submitted is correct and I hereby give my son / daughter \_\_\_\_\_  
To engage in \_\_\_\_\_ and assume all responsibilities for injuries he /  
she may receive while practicing and going to and returning from or playing the game / contest. I  
understand that all property belonging to the school shall be returned on demand and I agree to pay  
for same if lost or stolen.

Signature of Parent or Guardian: \_\_\_\_\_

Home Phone: (\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_ Cell Phone: (\_\_\_\_) - \_\_\_\_\_ - \_\_\_\_\_

**My son / daughter have been diagnosed with Asthma and / or other allergies and must have  
their pump or medication to participate in a sports related activity.**

**Yes or No**

I have represented a high school in athletics for \_\_\_\_ years previous to this school year and I am an amateur, (Act 2, Sec. 3a,  
Chicago Public Schools By-Laws: "He / She shall be an amateur, one who has never used, and is not using, his / her knowledge or  
his / her athletic ability for money. He / she shall not play have played on any team which there are paid players.")

**I WILL NOT REPRESENT ANY OTHER ORGANIZATION IN THE SAME SPORT  
WHILE A MEMBER OF A SCHOOL TEAM.**

Signature of Student / Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

The Emergency Medical Assistant is the assistant coach. They assist in whatever is directed from the head coach. All coaches are trained in First Aid / CPR / AED but the head coach is the person in charge.

The traffic controller is located near the main entrance. They are the security personnel. Once paramedics have arrived, security at the main office doors will escort them to the gymnasium. In the event security personnel is not present at the time of the incident, the head coach must direct another person to meet the paramedics at the door to escort them to the correct location.

The directions to the hospital are pretty simple and the location of the building is not far.

#### Address and Driving Directions

Swedish Covenant Hospital is located at the intersection of Foster and California in Chicago.

**5145 N. California Avenue  
Chicago, IL 60625**

#### The driving direction below is mapped so parents may drive to the hospital from any direction

##### **From the northern suburbs**

Take I-94 eastbound (Edens Expressway) to the Cicero/Foster Avenue exit. Follow Cicero Avenue south to Foster, turn left on Foster and proceed east approximately 2 miles to California Avenue. Turn right in California to reach the Hospital's Main Entrance and parking garage.

##### **From the south**

From the southwest suburbs or Midway Airport, take Cicero Avenue north to I-55 (Stevenson Expressway). Follow signs to I-90/94 West (toward Milwaukee, O'Hare Airport, or Rockford). Do not use the Express Lanes. Exit at Kimball Avenue. Turn right on Kimball, and proceed north two miles to Foster Avenue and turn right. Proceed one mile to California Avenue. Turn right on California to reach the Hospital Main Entrance and parking garage.

##### **From the northwest**

From 294 (Tri-State Tollway) or O'Hare Airport, proceed to 90 East. Take I-90/94 (Kennedy) eastbound to the Austin/Foster Avenue exit. At the end of the exit ramp, turn left and follow the curve to reach Foster. Turn left on Foster and continue to California Avenue. Turn right on California to reach the Hospital Main Entrance and parking garage.

##### **From downtown Chicago or lakeshore suburbs**

Take Lake Shore Drive (from either north or south) to the Foster Avenue exit. Travel west on Foster for approximately two miles to California Avenue. Turn left on California to reach the Hospital Main Entrance and parking garage.

##### **Taxi**

A taxi ride from downtown will cost approximately \$25.

The driving direction below is the direct drive from our school to the hospital (a map is also included).

Directions from A to B:

1. Start out going SOUTH on N CALIFORNIA AVE toward W CARMEN AVE. 0.4 mi
2. Turn RIGHT onto W LAWRENCE AVE. 0.8 mi
3. Turn LEFT onto N KIMBALL AVE. 0.3 mi
4. Turn RIGHT onto W WILSON AVE. 0.0 mi
5. 3436 W WILSON AVE is on the RIGHT.

Total Travel Estimate: 4 minutes / 1.49 miles



Important emergency number/s and physician list  
(the contact list moves in this order starting at the top):

<b>Name</b>	<b>Position</b>	<b>Number</b>
Swedish Covenant Hospital	Emergency	911
Roosevelt High School Health Center	On site physicians : Nurse Practitioner- Janette Smith Medical Assistant- Aimee Rodriguez	773-866-0818
Various names	Parent/s	Various numbers
Mr. Lorin Volberding	Athletic Director	773-534-5016 (direct line)
Mr. Ricardo Trujillo	Principal	773-534-5001 (RHS Line)

Emergency Vehicle Escort (away and home events)

In the event that an athlete was injured and they are to be transported to the hospital, the parent will be the first in line to be the escort. If the parent does not arrive to the school before the ambulance leaves for the hospital, then the assistant coach is the vehicle escort.

**The following information is based for the pool.**

All information above is very similar with little changes for this section. The AED/CPR device is located in the pool. A direct phone line is located in the office which is also in the pool.

**The following information is based for the outside softball field /  
football practice field.**

All information above is very similar with little changes for this section. The AED/CPR device is not located anywhere near the field. In case one is in need, the head coach will direct someone to run to the main office to retrieve the device. There is no direct phone line located within the perimeters. Therefore, coaches must carry a walkie-talkie for communication in case of an emergency. If an ambulance is in need, they may drive through the parking lot to get to the patient.

**The following information is based for the outside baseball field /  
soccer practice field.**

All information above is very similar with little changes for this section. The AED/CPR device is not located anywhere near the field. In case one is in need, the head coach will have to execute CPR until paramedics arrive. There is no direct phone line located within the perimeters. Therefore, coaches must carry a cell phone for communication in case of an emergency. If an ambulance is in need, they may drive through the parking lot to get to the patient.

### **Additional Information**

*ALL head coaches must complete an accident report no matter how little the incident may have occurred.* Parents may not have insurance and in order to have the athlete covered under the Board Insurance Policy, the head coach must complete the paperwork as soon as possible. Any delay in completion of the paperwork will result in hardship for the parent and possible delay for treatment for the athlete.

Once the paperwork has been completed, please place the sheet in my mailbox (Mr. Volberding) so I may enter the information in the computer to start the insurance process.