



# ATHLETIC HANDBOOK

## Table of Contents

Mission.....	3
Goals.....	3
Student Guidelines.....	4
Dismissal or quitting a sport.....	4
Parents Code of Conduct.....	5
Athletic Affiliations.....	6
Athletic Awards.....	6
Cell Phone Policy.....	7
Travel Policy.....	7
Role of Faculty and Staff in the college athletic recruiting process.....	7
Bethesda Contact Numbers.....	8
Heat Prevention and Weather Policy.....	9-11
Bethesda Concussion Policy.....	12-15
Bethesda Emergency Action Plan.....	16-19

## **Bethesda Athletic Mission Statement**

To train and develop young men to give their best athletically, while incorporating our overall mission of Bethesda, which is to teach a Love of God, a Love of Learning, and a Strong work ethic.

### **We teach our mission through what we believe is our five pillars of success: A.U.D.I.T**

- ✓ **Accountability:** Teaching student-athletes to accept responsibility, to be reliable, to be prompt and to get the job done!
- ✓ **Unity:** Together we stand and divided we fall! We will teach student-athletes how to work together to achieve a common goal. The importance of being totally committed to a positive cause and staying the course through the tough and trying times. The multiplying advantages of working within the framework of a team and being able to sacrifice some individual glory for the benefit of everyone.
- ✓ **Discipline:** Teaching our student-athletes how to manage their lives (Body and Behavior), how to have self-control, the benefits of hard work and never giving up on something just because it is difficult or frustrating.
- ✓ **Integrity:** It is our responsibility to develop the character of each player. To teach loyalty, commitment, respect, and doing right thing even when no one is looking
- ✓ **Teachable Spirit:** It is extremely imperative that student-athletes learn how to be coachable or teachable. Learning how to handle instruction and discipline from another, even though it may be difficult at times to hear.

**TEAM MOTTO:** IT IS NOT HOW YOU START, IT IS HOW YOU FINISH!

**TEAM SCRIPTURE:**

Philippians 2:4 *Everyone should look out not only for his own interests, but also for the interest of others*

## Goals

---

Our number one goal at Bethesda is to **Win!** We desire to win in every aspect of living! We are teaching our student-athletes how to win in the classroom, how to win on the court, field, track, bowling alley or the green, how to win in their prayer life, and how to win with character.

## Student Guidelines

1. All students-athletes must meet all academic requirements before participating in any sport. (must pass 5 or more subjects or 4 core courses to be eligible for the following semester)
2. All student-athletes must have a new physical examination each year before participating in any sport.
3. All student-athletes must have all SCISA paperwork filled out on Planeths.com before competition.
4. No earrings or jewelry are permitted during any school related events, which includes athletics.
5. Cell phones are permitted on away games. However, all cell phones must be turned off until after competition.
6. All student-athletes who fail to follow instructions during all overnight trips will be asked to leave. Parents will be asked to pick up their child early from the trip. There will be no exceptions to this rule. There will also be additional consequences according to the incident, which could also lead to dismissal.
7. All student-athletes are responsible for returning all equipment and uniforms. Any student who fails to return equipment or uniform will be billed at the full price.
8. All student-athletes must be in uniform in order to practice or compete.
9. All student-athletes are expected to be present for all practices or meetings. Any student-athlete, who misses **1** day of practice without an excuse from the head coach, at the head coach's discretion, he could be suspended for  $\frac{1}{2}$  a game. If a student-athlete misses **2** practices within the same week, at the head coach's discretion, he could be suspended for **1** game and not travel with the team.
10. Any student-athlete that begins a sport must complete that sport in good standing before entering another sport.

## Quitting or Dismissal

- Any student-athlete that is dismissed from any sport for discipline reasons will not be able to participate in any other sport for the remaining of the school year unless approved from the Athletic Director.
- Any student-athlete that quits a sport will not be allowed to play another sport within that same school year unless approved by the Athletic Director and coaches. Quitting is not allowed in our athletic program. We are striving to build character in each player, which will help them to become successful in the near future.

## PARENT’S CODE OF CONDUCT

### **I therefore agree:**

- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I (**and my guests**) will not engage in any kind of **unsportsmanlike conduct** with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
- I will refrain from **coaching** my child or other players during games and practices, unless I am one of the **official coaches** of the team.

### **SCISA STATEMENT FOR SPORTSMANSHIP**

“SCISA encourages and promotes sportsmanship by student-athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial, ethnic, or sexist comments, or other intimidating actions will not be tolerated and are grounds for removal from the event.”

**\*ANYONE WHO VIOLATES OUR CODE OF CONDUCT WILL BE ASKED TO LEAVE AT ANY TIME WITHOUT REFUND.**

## ATHLETIC AFFILIATION

SCISA (SOUTH CAROLINA INDEPENDENT SCHOOL ASSOCIATION) [www.scisa-schools.org](http://www.scisa-schools.org)

SPAL (SAVANNAH PAROCHIAL ATHLETIC LEAGUE)

## AWARDS

- Requirements for lettering
  - Football
    - Athlete must play 20 quarters of varsity football
  - Basketball
    - Athlete must play 40 quarters of varsity basketball
  - Track
    - Athlete must qualify for the State Track Meet
  - Bowling
    - Athlete must make the All-State team to letter.
  
- Post season awards
  - Track, though a team sport, is based individual qualifiers throughout the season. In order to be considered a part of the Track Team, the student-athlete must meet the standards to become a SCISA State Qualifier. All SCISA State Qualifiers will represent the team in the SCISA State Competition. All relays will be selected by the Track Coaches. Any awards or accolades given to the Track Team, will only include the participants in the SCISA State Track Meet.
  - Awards Banquet: Bethesda Athletic Coaches will issue awards based on performance, commitment, and character.
  - All other awards will come from the accomplishments recognized from the our Region, State, and Head of School. The following is the criteria for the Blazer award:
    - a. The athlete attends required workouts
    - b. The athlete exhibits a spirit of competition in all practices and games, and has a desire to practice and improve whenever possible.
    - c. The athlete is willing to accept the “team” before “self” and work hard to be a successful team player.
    - d. The athlete is willing to make sacrifices for the team.
    - e. The athlete exhibits accountability, unity, discipline, integrity, and a teachable spirit.
  
- ALL-STATE WALL
  - Student must receive All-State honors from the Conference in which we compete.
  
- WALL OF FAME
  - To qualify for the wall of fame, a student or coach must be voted or recognized by the Athletic Staff and School.
  - Athlete must have competed and excelled in a sport at Bethesda and graduated from high school at Bethesda

Competed 4 years of a sport in College and graduated from College or University.

## **Cell Phone Policy**

- Cell Phones should never be used to record or make inappropriate videos at any time.
- Cell Phones should not be used to embarrass team members in the locker room.
- Cell Phones should not be used before or during competition.
- Cell Phones are not to be used in the weight room during team lifts.

## **Travel Policy**

- All players must travel with the team to athletic competitions unless approved by the head coach of that sport and either verbal or written parent communication.
- All players must travel back with the team after competition. If a parent would like to take their child home after an away game, the parent must speak with the Coach in person.
- In order for a child to go home with anyone other than a parent, there must be written approval submitted to the head coach or Athletic Director prior to the game unless there is an emergency. In cases of an emergency, there needs to be verbal communication.

## **Role of Faculty and Staff in the college athletic recruiting process**

- Coaches will meet with parents and students prior to their senior season to discuss college possibilities.
- Coaches will provide students an opportunity to create their personal highlight film through our coaching software called, Hudl. This software will allow each student to create their own highlight film based on their performance throughout the season.
- Coaches will evaluate each player based on academics, skills and ability, and character throughout their tenure at Bethesda. Based on this evaluation, coaches will properly advise student-athletes and parents during the recruiting process.
- Coaches will always be honest with recruiters and will never put the integrity of Bethesda at risk.
- Guidance Counselor will provide transcripts for college recruiters upon their request for each student in good standing with Bethesda.
- Guidance Counselor will also make sure each student-athlete sign-up for the NCAA Clearinghouse. ([www.ncaa.org](http://www.ncaa.org)) All test scores must go to the NCAA in order for a student-athlete to be declared eligible.
- Coaches will provide each student-athlete the information for college eligibility for the NCAA or NAIA.
- Coaches will connect with College Coaches to promote student-athletes that meet the proper requirement for their program.
- It is both student and parent responsibility to fill out college questionnaire forms and visit schools of their choice. In addition, it is equally important for student-athlete to attend summer camps to build relationships with college coaches and to sharpen their skills. Camps are being held in various states for various age groups.
- Parents can also use third party recruiting services such as NCSA, be Recruited, etc. to promote their son.

## **BETHESDA CONTACT NUMBERS**

### Bethesda School Administration

Micheal Hughes (President)	912-351-2042
Megan Kicklighter (Principal)	912-351-2064
Athletic Director (Antwain Turner)	912-351-2056 office 912-604-1084 cell
Karleen Brown (Assistant Principal)	912—351-2065
Ms. Cooper (Front office)	912-351-2055
Keith Kilgore (Dean of Students)	912-644-4386

### Coaching Staff

Antwain Turner	912-604-1084
Clevan Thompson	912-604-0908
Harold Edwards (Youth Sports)	912-659-5286



## BETHESDA HEAT PREVENTION POLICY

### BETHESDA GUIDELINES FOR PRACTICE MODIFICATIONS FOR HEAT

The following guidelines are for coaches and administrators to help protect from having heat related illnesses or problems. This guide is to be used to determine when making decisions or modifying and/or suspending athletic practices and is in compliance with SCISA guidelines.

#### WBGT reading

#### Activity Guidelines & Rest Breaks Guidelines

Under 82.0	Normal activities- provide at least <b>three separate rest breaks each hour</b> of minimum duration of <b>3 minutes each during</b> workouts.
82.0-86.9	Use discretion for intense or prolonged exercise; watch at – risk players carefully; provide at <b>least 3 separate water breaks each hour</b> of a <b>minimum of 4 minutes' duration each</b> . <i>Helmets should be removed during breaks.</i>
87.0-89.9	Maximum <b>practice time is TWO HOURS</b> . <b>For football: players restricted to helmet, shoulder pads, and shorts</b> during practice. <u>All protective equipment must be removed for conditioning activities.</u> For all sports: provide at <b>least four separate rest breaks per hour of a minimum of four minutes each</b> . <i>Helmets and pads should be removed during breaks.</i>
90.0-92.0	Maximum length <b>practice is one hour</b> , <u>no protective equipment may be worn during practice</u> and there may be <b>no conditioning activities</b> . There must be <b>20 minutes of rest breaks</b> provided during the hour of practice.
Over 92.0	No outdoor workouts; cancel exercise; delay practices until a cooler WBGT reading occurs.

---

#### All breaks should occur in shaded area

Use WBGT Index to monitor heat conditions.

## **Lightning and Severe Weather policy**

1. The National Athletic Trainer's Association Position Statement for lightning will be followed for Bethesda Academy. The Athletic Trainer will use the lightning detector to determine the proximity of lightning and inform the Coach when it is within a 10-mile radius. The Coach will make the final decision on removal of athletes from the field. When available, the athletic trainer will use a noise device for inclement weather to let all outside events know to head indoors. If the athletic trainer is not present, the coaching staff will follow the lightning policy as written, using the lightning detector and flash to bang method. They will also have available to them Weather Bug App on their cell phones to keep updated on latest lightning strike proximity. The coaching staff may take their athletes off the field before the athletic trainer clears the field.
2. Bethesda Academy has a hand held lightning detector to be used for practices and games by the Athletic Trainer. Bethesda Academy will follow the SCISA and NATA guidelines and requirements for lightning detection and return to play.
3. The following are a list of **safe shelters for participants** at each venue:
  - a. Baseball field/practice fb field→ Bethesda gymnasium and locker rooms.
  - b. Football stadium at Daffin Park→ Players to the bus or provided locker rooms and spectators to their personal cars.
  - c. Track→ locker rooms/gyms
4. The following are a list of safe **shelters for parents and fans** at each venue.
  - a. Baseball field/ practice fb field, pool →Gym, gym lobby or their personal vehicle.
  - b. Football stadium (Daffin Park)→ underneath stadium or return to vehicles
5. All activities will be suspended if lightning is detected within 10 miles. All suspended activities must wait until the lightning detector shows the lightning out of range (10 miles) for the venue.
6. Local weather forecasts will be monitored in the coaches or athletic trainer's office via computer using Weather Bug App and local weather stations.
7. All individuals have the right to leave an athletic site, without repercussion or penalty, in order to seek a safe structure or location if they feel they are in danger from impending lightning activity.
8. No one is permitted to use the showers or plumbing facilities and landline telephones during thunderstorm activities. They are permitted to use cellular phones to contact parents for transportation.
9. If available, an **announcement should be made over the speaker system on seeking safe shelter for fans and participants**. During a competition, once the decision to suspend activity has been made, a representative of the athletic department will announce via the PA system. Announce safe shelter for that venue and offer the following tips:
  - a. There should be no contact with metal objects (bleachers, fences, golf clubs or bats)
  - b. Avoid single or tall trees, tall objects and standing in a group.

- c. If there is no other shelter you may seek refuge in a hardtop vehicle.
- d. The existence of blue skies and/or absence of rain are not protection from lightning. Lightning can strike 10 miles from the rain shaft.
- e. **DO NOT LIE FLAT ON THE GROUND**
- f. Avoid standing in water and open fields
- g. During thunderstorm activities **NO ONE** is permitted to use the showers, plumbing facilities and landline telephone. They are permitted to use cellular phones to contact parents for transportation.
- h. If you feel your skin tingling immediately crouch and grab your legs and tuck your head as described above to minimize your body's surface area.
- i. Persons who have been struck by lightning do not carry an electrical charge. Therefore, enact the EMS system and provide emergency care. CPR is what is most often required. If possible, move the victim to a safe location.

Prior to a game a member of the athletic training staff and/or athletic director will greet the officials, explain that we have a means to monitor lightning and offer to notify the officials during the game if there is immediate danger from lightning. The athletic director and game officials will decide whether to discontinue play.

Once it is determined that there is danger of lightning strike, the athletic training staff member will notify the head coach and/or official and subsequently immediately remove all athletes, coaches, and support staff from the playing field or practice area/facility. All activities will be suspended if lightning is detected within 10 miles. All suspended activities must wait until the lightning detector/Weather Bug App system shows the lightning out of range (10miles).

## **BETHESDA ACADEMY POLICY AND PROCEDURE ON HEAD INJURY & CONCUSSION FOR ALL STUDENTS**

**Policy Statement:** This policy should be followed on a daily basis whenever you are involved in any practice, workout or Bethesda academy school activity or event as covered by a Certified Athletic Trainer from Memorial Health Sports Medicine Department.

**Purpose:** To manage students and athletes who have sustained or suspected to have a concussion.

### **Education and Preventive Measures:**

1. All Bethesda Coaches have to complete a Concussion course from The National Federation for High School (nfhslearn.com) each year prior to the first practice.
2. The ATC should plan an active role in educating athletes, coaches, and parents about signs and symptoms associated with concussion as well as the potential risk of playing while still symptomatic. **\*GO OVER AT PRESEASON MEETING WITH COACHES (CDC CONCUSSION COURSE) PARENTS AND KIDS AND SHOW VIDEO\***  
A) Concussion awareness: <http://www.preventingconcussions.org/>  
(CDC course for coaches)
3. **A baseline concussion test will be administered prior to the start of the season. NO STUDENT SHALL BE PERMITTED TO PARTICIPATE IN A CONTACT (basketball/football) SPORT UNTIL THIS TEST HAS BEEN PERFORMED.**
4. In sports that require helmet protection (football, lacrosse, ice hockey, baseball and softball etc.) the coaching staff should ensure that all equipment meets either the National Operating Committee on Standards for Athletic Equipment (NOCSAE) or American Society for Testing and Materials (ASTM) standard.

### **Procedure:**

If a student displays concussion symptoms, Coaches are taught to sit them out and refer the student to the ATC. The student cannot return to play until he has been evaluated and cleared by the ATC. If it is determined that a student has a concussion, the ATC will follow the necessary protocols. The student cannot return to play until he has been evaluated and cleared by a Health Care Professional and then the ATC. Once the student is symptom free for 48 hours, he will begin the Return to play Protocol. An athlete with a concussion should be referred to a physician (ER) on the day of injury if he has lost consciousness, or experienced amnesia lasting longer than 15 minutes or symptoms get worse. Athletes who experience LOC or amnesia should be disqualified from participating on the remainder of day of injury. Any athlete that has been referred to a physician will not be allowed to participate until cleared by that physician AND certified athletic trainer as has been agreed upon terms of return. If athlete was referred to a specialist (ie Neurologist) he may not participate until cleared by that individual, in conjunction with the certified athletic trainer. A written note signed and dated by the physician is required to be turned into the ATC along with the medical referral form.

When present, the ATC will call a parent/guardian of a student whom is suspected to have a concussion. Parents will receive appropriate paperwork and instructions for care, directions to physician's office (if needed), and injury report to be filled out by physician and returned directly to Bethesda's' Certified Athletic Trainer.

The ATC should record the time of the initial injury and document serial assessments of the injured athlete, noting the presence or absence of signs and symptoms of injury. The ATC should monitor vital signs and level of consciousness every 5 minutes after a concussion until the athlete's condition improves. The athlete should also be monitored over the next few days after the injury for the presence of delayed signs and symptoms to assess recovery. (See APPENDIX for SCAT2 form and at home symptom checklist).

Concussion severity should be determined by paying close attention to the severity and persistence of ALL signs and symptoms, including but not limited to: the presence of amnesia (retrograde and anterograde), loss of consciousness, headaches, concentration problems, memory problems, dizziness, blurred vision, balance problems, sensitivity to light and noise, difficulty remembering, fatigue or low energy, confusion, drowsiness (difficulty staying awake, especially right after it occurs), trouble sleeping at night, more emotional than normal, irritable, sadness, nervousness, anxiousness, and food not tasting the same (bland).

The ATC should monitor an athlete with a concussion at 5 minute intervals from time of injury until either the athletes condition completely clears or the athlete is referred for further care/released into the care of their parent or guardian. Coaches should be informed that in *situations when a concussion is possibly expected but an ATC or Physician is not available; their primary role is to ensure that the athlete is cared for and arrangements are made to see the ATC or physician as soon as possible.* If the athlete is unconscious, do not move. Call EMS right away.

An athlete with a concussion should be instructed to avoid taking medications, EXCEPT if instructed by physician to take acetaminophen (Tylenol) after the injury. Acetaminophen and other medications should ONLY be given at the recommendation of the physician. Additionally, the athlete should be instructed to avoid ingesting alcohol, illicit drugs, or other substances that might interfere with cognitive function and neurologic recovery. If student currently takes a prescription drug daily, parents will be instructed to check with physician to see if it is contraindicated for someone with a concussion.

Any athlete with a concussion should be instructed to REST, but complete bed rest is not recommended. The athlete should **resume normal activities of daily living as tolerated**. It is essential to avoid activities that potentially increase symptoms (such as prolonged periods of TV, listening to music, talking or texting on the phone, extended periods of time on the computer etc).

Student with a concussion is NOT permitted to participate in physical activity anything more than walking to and from class or around the house. Student should follow restricted activity until the ATC/physician has cleared the athlete to do so by starting a progressive return to play protocol.

Depending on severity of symptoms, cognitive rest (such as limited or no school, extensive reading/tests/essays etc) should be advised until they are able to read, concentrate, and have adequate memory to complete school assignments. ATC should communicate with student's teachers or school administrators who will pass the information onto teachers that he may attend class but he may be granted extra time to complete assignments or the ability to re-take graded assignments if they receive a poor grade.

Once student is SYMPTOM FREE FOR 48 CONSECUTIVE HOURS and SCAT2 test are back to normal, he may resume daily graded program of physical and mental exertion, without contact or risk of concussion, up to the point at which post-concussion signs and symptoms recur. (See additional RTP protocol on following pages). If symptoms appear, the athlete starts back at the beginning of protocol and may only progress if symptoms do not come back at each stage.

An athlete with a concussion should be instructed to eat a well-balanced diet that is nutritious in both quality and quantity.

## **BETHESDA CONCUSSION RTP PROTOCOL**

**\*\*MAY NOT START RTP PROTOCOL UNTIL 48 HOURS SYMPTOM FREE AND SCORES ON SCAT2 ARE BACK TO WITHIN BASELINE RANGE\*\***

- 1) Athlete must be symptom free for 48 hours while still doing NO PHYSICAL ACTIVITY.
  - a. IF SYMPTOMS RETURN DURING ANY ONE STAGE OR ATHLETE HAD DIFFICULTY WITH ANY ONE STAGE THEY WILL START OVER
- 2) After 48 hours of being symptom free, may do LIGHT exercise (<70% max HR)
  - a. OBJECTIVE: increase HR
  - b. Bike
  - c. walk on treadmill
    - i. NO football gear
    - ii. NO resistance training or weights
- 3) Running: NO HEAD IMPACT
  - a. OBJECTIVE: exercise with increase movement
  - b. laps around field
  - c. Sprints (Not at full effort); gradually increase distance and intensity
  - d. tuck jumps, sit ups, pushups, jumping jacks, 10-yard sprint (repeat w/o break)5x then break and repeat as necessary
    - i. Fb pants and pads (NO HELMET YET)
- 4) Complex drills: Passing, running routes
  - a. OBJECTIVE: exercise, coordination, cognitive (remembering routes/plays)
  - b. resistance testing: bench, squat, SL squat, lunges
    - i. squat jumps, high skips...
  - c. practice hitting/moving sleds & tackling dummies

- 5) Full practice: ONLY when cleared by team physician or ATC
- a. OBJECTIVE: restore confidence of athlete, coach assess skills
  - b. continues to work on conditioning
  - c. Controlled hitting drills (during INDY/COMBO) must be completed PRIOR TO live full pads.
  - d. May not play in game WITH OUT sufficient practice in full gear and hitting
- 6) Normal Game Day
- a. Cannot compete until have practiced sufficient amount without symptoms returning.
    - i. i.e. if they are cleared to do full pads Thursday they will not be playing in game Friday because Thursday practice is helmets only

**ADDITIONAL NOTES:** if athlete has sustained more than 1 concussion in a season, or has a history of concussions the RTP protocol may be varied slightly (time being symptom free will increase before protocol is able to be started) and athlete will likely be referred to team physician/specialist.

# Bethesda Academy Football Emergency Action Plan

## PRACTICE PLAN

In the event of a serious injury at football practice, the following procedure and precautions will be taken:

1. Chelsea, the Bethesda Day School ATC, will attend to the injured player. **Coach Harold Edwards** and **any other coaches that are necessary** will assist her. If necessary, a call to 911 will be made by **AT**. In the event that **ATC** is not present, a call will be placed to her as soon as possible after/or prior to the 911 call depending on the severity of the injury.
  - a. Provide:
    - i. Name of caller and Athlete
    - ii. Address: **9520 Ferguson Ave, Savannah GA 31406**
      1. **Directions from hospital to Bethesda:** (from memorial main entrance make a left on waters.) (from Candler) Go to light at DeRenne, make a Left. Continue Straight until the ramp for Harry Truman Parkway, veer Right onto ramp. Follow this until it comes to an end on Whitefield Dr. Make a left at the bottom of the ramp. Continue straight. Less than ¼ mile from the light will be a road on the Left (in between lots of trees). Make a left onto this road It will take you to Ferguson Ave and the entrance to the school. Enter school grounds and go straight. The school building is the first on the right, to get to the Gym or football practice fields continue straight and make the first right (there is a sign pointing to the gym). To get to the football field, go straight and at the parking lot take a right to go around the building and keep going until you see the field.
    - iii. Telephone number calling from
    - iv. Number of individuals injured
    - v. Condition of Injury
    - vi. First aid treatment rendered
    - vii. Specific Directions to location
2. **Coach David Thomas** will proceed to the Ferguson Street Entrance gate to escort the ambulance to the injured player
3. **Coach John** get *emergency contact and insurance documents* AND retrieve any splints, AED or other material out of Athletic Training Kit.
4. **Coach Chelsea or AT** will go to the nearest phone and call the parents of the injured athlete.
5. **Coach CLEVAN** and **all other available coaches** will take the team to another area of the practice fields and try to complete practice.
6. **Coach David Thomas** will accompany the injured athlete to the hospital and remain there until the player's parents, or another coach arrive.
7. **Coach AT** will inform the Principal (Megan Kicklgther-Smith) and the President (Dr. Hughes) about the injured athlete. (NOTE: no specifics of injury to be given due to HIPPA regulations. Simply state \_\_\_\_\_ was injured and transported to the hospital, the parents have been contacted and Coach Thomas is with them.



# Bethesda Academy Football Emergency Action Plan

## GAME PLAN: FOOTBALL

In case of an emergency during a game, home or away, the following procedure and precautions will be taken:

1. Chelsea, the Bethesda Academy's ATC, will attend to the injured player. Coach Harold Edwards and/ will assist her. All home games will have EMS available. If needed, ATC will request for EMS. If necessary a call to 911 will be made by Coach AT. He will also assist administration in crowd control to keep parents off field and calmed down.
  - a. **Info to 911:**
    - i. **name of caller and athlete**
    - ii. address : **Daffin Park; Savannah Ga, 31406**
    - iii. Telephone number: Calling from
    - iv. Number of individuals
    - v. First aid rendered
    - vi. Specific directions
    - vii. Other information requested
2. In the event that Chelsea is not present, a call will be placed to her as soon as possible after/or prior to the 911 call depending on the severity of the injury. When necessary Chelsea, or the team doctor for the game, will be called to the field to administer to the injured player.
3. Coach John Black will get *emergency contact and insurance documents (located in Top section of kit in a binder AND retrieve any splints, AED or other material out of Athletic Training Kit.*
4. Coach Clevan will take the team to the sideline and pray and then move towards the sideline.
5. Coach David Thomas will ride in the ambulance with the athlete to the hospital if the parents are not at the game. He will accompany the injured athlete to the hospital if the athlete's parents are not in attendance, and remain there until the player's parents arrive.
6. Coach Chelsea Will call parents as soon as possible if they are not at the game.
7. Coach AT will inform the administration and dean of students if a boarding student, about the injured athlete. (NOTE: no specifics of injury to be given due to HIPPA regulations. Simply state \_\_\_\_\_ Was injured and transported to the hospital, the parents have been contacted and David Thomas is with them)

**\*During games school administration will be responsible for crowd control.**

**Emergency Information**  
**Southside fire/EMS 912-355-6688**

**Information for 911:**

- Provide name
- Address
- Telephone number
- Number of individuals injured
- Condition of injury
- First aid treatment rendered
- Specific directions
- Other information requested
- Phone Number calling from

**Information for onsite Team Physician and EMS:**

- Method of injury
- Vital signs
- Treatment rendered
- Medical history
- Assist with emergency care as needed

**Training:**

- All athletic training personnel and coaches MUST be certified in first aid and CPR.

**Equipment:**

- Pocket mask (on ATC and in Kit)
- Face mask extractor (on ATC for football only)
- Gloves and gauze (on ATC and in kit)
- Splints ( in Red Bag)
- Blood pressure cuff and stethoscope ( in Kit)
- AED

## Emergency Contact List

Bethesda Academy  
9520 Ferguson Avenue  
Savannah, GA 31406

Daffin Park (Optimist Turf Field)  
1001 E. Victory  
Savannah GA, 31405

Savannah State Track Complex  
Corner of Skidaway Road and LaRoche Avenue  
Savannah, GA 31406

Candler Hospital  
3232 Reynolds Ave  
Savannah, Ga 31405

St. Joseph's Hospital  
11705 Mercy Boulevard  
Savannah, GA 31419

Memorial Medical Center  
4700 Waters Ave  
Savannah, GA 31405

St. Josephs' Hospital ER:  
MRI  
Candler Hospital  
MRI  
Memorial Medical Center  
ER  
MRI

Phone#  
912-819-4009  
912-819-2139  
Info: 912-819-8273  
912-819-8225  
Info 912-350-8000  
912-350-9616  
912-350-8820

Athletic Trainer  
Chelsea Shafer

518-378-4554

Bethesda Academy Administration  
Athletic Director (Antwain Turner)  
Megan Kicklighter-Smith (Principal)  
Karleen Brown (Assistant Principal)  
School Front office  
Dr. Hughes (President)  
Keith Kilgore (Dean of Students)  
Maintenance (Beau Lynah)

912-351-2056 office 912-604-1084 cell  
912-351-2064  
912—351-2065 (o) 912-484-2097 ©  
912-351-2055  
912-351-2042  
912-644-4386  
912-313-0374 (Beau Lynah-cell)  
912-313-0376 – Bruce Matthews

Head Coaching Staff  
Antwain Turner  
Clevan Thompson

912-604-1084  
912-604-0908