

Finger Lakes Lacrosse Tournaments at Everest Park – 2021

- The Finger Lakes Lacrosse Tournaments will be following US Lacrosse Rules at all levels.
- In the event that we have a tie between teams on the field, we will play a 3 v 3 Braveheart with the team that scores the first goal winning the game.
- Within the pool, if there are two teams with identical win/loss records, tie breaker will be decided by head to head.
- For a tie among three or more teams, tie breaker will be decided by total goals allowed.
- In the event of a medical emergency or if you need the athletic trainer, please call Alexis at _____ .

Champions for Life, Inc. Emergency Action Plan – Everest Park Location

To ensure that athlete health and safety are maintained at the upmost importance, in the event a medical emergency arises, the proceeding action plans must be followed for appropriate efficient medical response to occur. Additionally, the action plans should be reviewed and rehearsed annually.

Responsibilities of Staff

The following will clarify the specific actions that are expected to be carried out when responding to a medical emergency by the vital team members:

First Responder: The Athletic Trainer/Coach/Event Staff Member who is first to the scene of accident shall stay with the injured/ill individual until advanced medical personnel arrive to the location. The First Responder (if not the Athletic Trainer) will call the Athletic Trainer to the site. He/she will also instruct an appropriate individual to initiate the Emergency Action Plan (EAP) by having the designated person dial 911. In the event there is not a designated individual, the First Responder will call 911 him or herself to activate the EAP. The First Responder is responsible for performing necessary first aid or CPR/AED administration (if trained to do so) to the injured individual until advanced medical services (including the Athletic Trainer) arrives.

Designated Individual: The personnel includes Coaching Staff, Event Staff, Fellow Athlete, Bystander, or Administrative Staff. The Designated Individual is responsible for calling 911. The following information should be shared with the 911 operator:

- Designated Individual's Name
- Venue Name and Location
- Name of Injured/Ill person
- Nature of Emergency
- Date of birth (if asked by operator)
- Inform the operator that personnel will be waiting at the appropriate entrance for the venue

Stay on the phone with operator and follow all instructions given until operator ends communication or EMS team arrives.

Event Staff: Assist in directing the EMS team to the injured/ill individual. Additionally, assist in maintaining a safe environment for the First Responder and injured/ill person during the emergency. Members may be asked to retrieve necessary supplies. The venue does not supply emergency equipment. All emergency equipment will be with the Athletic Trainer or in a location chosen by the Athletic Trainer.

Administrative Staff: Assist and direct all staff to carry out their roles in the EAP. In addition, maintain a safe environment for all persons in attendance to the event.

The First Responder and/or the Athletic Trainer, after the event conclusion, shall generate a report to be delivered to CFL management via the Event Director. An example report is attached.

Thunder/Lightning Policy

The Event Director will monitor the weather for thunderstorms. No place outside is safe when thunderstorms are in the area. If thunder is heard, the Event Director will call for all persons on site to their cars. Game play will cease until 30 minutes after the last thunder is heard or lightning strike witnessed. The 30 minute clock restarts for every thunder or lightning strike. The Event Director has the ultimate authority on whether to cancel games for a given time period or for the entire day.

Venue: Everest Park

Venue Location: 5343 North Road, Auburn, NY 13021

Venue Supplies: Event Staff supply water coolers and cups.
Athletic Trainer supplies medical kit and ice.
AED located with the Athletic Trainer.
Event staff will have cellular and/or walkie talkie communication with one another.

Venue Access Plan: EMS will be directed to the main entrance on North Road, by Designated Individual. Event Staff at the entrance to the park will direct EMS to the specific park location where the emergency is taking place.



Venue Equipment: provided by Certified Athletic Trainer

Injury Situation: Certified Athletic Trainer (if available) and/or head coach will assess athlete to determine if injury is life threatening.

Life Threatening Injury: Head of event staff will activate EMS when instructed by athletic trainer or coach by dialing 911 from their cell phone. The AED will be in the possession of athletic trainer. The athletic trainer and head coach will stay with the athlete and begin to render appropriate care. Event staff members will meet and greet EMS at entrance to Everest Park and direct them to the park location where the emergency is taking place. A second event staff member will meet EMS at the emergency location and direct EMS to injured person. When EMS arrives, the athletic trainer and/or coach will surrender care to the EMS team for transportation to Auburn Community Hospital Emergency Department.

If not on site, the Event Director will be notified by the head coach or athletic trainer.

In the event the student-athlete is a minor, if not on site, the parents/guardians will be notified by head coach or athletic trainer.

Non-Life Threatening Injury: The athlete will be assisted off the field if unable to do so on their own. If athletic trainer is available, he/she is to be called on site, where he/she will determine appropriate care needed. In absence of athletic trainer, supervising coach is to deliver appropriate care as a first responder. The supervising coach is to instruct the student athlete to seek medical attention if deemed necessary. The athlete's parents/guardians will be notified if necessary by head coach or athletic trainer.

Concussion Management Plan:

Champions for Life, Inc. and all event staff at Everest Park will support, uphold and adhere to the policies and procedures set forth in the Concussion Management Plan below.

“Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

- Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
- Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.
- Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
- Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases symptoms may be prolonged.
- Other explanations of signs and symptoms, such as drug use, medical illness or injury, should be excluded.

Signs and Symptoms of Concussion Include:

Signs Observed by Others

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent

- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down

Any player who is determined to be at risk for a concussion shall be removed from play immediately. The coach shall contact the Athletic Trainer on site, who will then evaluate the player, using a brief screening tool assessing symptoms, cognitive function and balance. Any athlete who is diagnosed with a concussion shall not return to activity for the remainder of that day and be referred to a physician. Assessment of the athlete will be conducted at appropriate time intervals as determined by his or her physician or appropriate healthcare provider. The Athletic Trainer will inform the player’s parent/guardian about the possible concussion, and give them information on concussion signs and symptoms.

Should an athlete experience deterioration of level of consciousness, decreasing neurologic function, and/or exhibit signs and symptoms associated with a severe head or neck injury, consideration for a more serious brain injury such as intracranial hemorrhage, skull fracture, or cervical spine compromise should be considered, and the EAP should be activated.