

Neshaminy Sports Medicine

The athletic training staff at Neshaminy High School would like to welcome you and your team to our campus. Our staff wants your time on campus to go as smoothly and pleasantly as possible. Attached are relevant EAP's for the Harry Franks Stadium, Fred Gerst Gymnasium (Gym 3), field hockey field, baseball and softball fields.

- **During football games, we will provide the following for the away sideline:**
 - Water and ice as needed/requested
 - Ice, ice bags, and plastic wrap as needed/requested
 - Treatment table on sideline if requested
 - Trash cans
 - Table for water coolers
- **We will have the following on the home sideline:**
 - Orthopedic Doctor
 - Crutches
 - Splints
 - AED
 - Cold Water Immersion Tub (if weather permits)

You should be aware that there is no availability of modalities in the stadium. If your athletes need moist heat or electrical stimulation, we recommend you bring portable units or make arrangements with the NHS athletic training staff ahead of time. There will be an EMC crew at all home varsity football games as well.

- **During all other sports we will provide the following:**
 - Water and ice as needed
 - Ice, ice bags, and plastic wrap

The athletic training facility is located in the main school building adjacent to the Fred Gerst Gymnasium (Gym3) and will be available for your team at least 1 ½ hours before games. You are welcome to use any of our modalities that you may need. WE have electrical stimulation, ultrasound, ice and moist heat. If care and treatment are required for your student-athletes and there will not be an athletic trainer traveling with the team, please make arrangements at least 24 hours prior to the event. Include and prescriptions for any treatments and sufficient supplies for all taping needs.

Sports Medicine Staff:

Head Athletic Trainer

Justin Lewis LAT, ATC

Office: 215-809-6131

Email: jlewis@neshaminy.org or Justin.Lewis@atipt.com

Team Physician

Dr. Dinesh Dhanaraj, MD

Office: 267-364-9100

**NESHAMINY HIGH SCHOOL ATHLETIC DEPARTMENT
EMERGENCY ACTION PLAN
NESHAMINY HARRY FRANKS STADIUM**

EMERGENCY PERSONNEL:

- Justin Lewis (Certified Athletic Trainer)
- Lisa Pennington (Athletic Director)

EMERGENCY COMMUNICATION:

All communication will be done via cell phone; therefore all coaches need to keep cell phones in an accessible location in case of emergency.

EMERGENCY EQUIPMENT:

It is the coach's responsibility to make sure their team's medical kit is present for all games. Copy of EAP will also be located inside medical kit. During games, the following equipment will be located on the field:

- Ice
- AED
- Splints/Slings
- Equipment not located on the field can be found in the athletic training room or with athletic trainer

ROLES OF EMERGENCY PERSONNEL:

For immediate care of the injured athlete, follow the protocol included in the plan. When activating EMS, provide the dispatcher with the following information:

- Your name and the phone number you are calling from
- The number of people injured
- The name(s) of those injured
- Current conditions
- Initial care
- Specific directions to the scene
- Ensure the accessibility of the EMS team to the injured athlete

VENUE ADDRESS:

- 2001 Old Lincoln Hwy, Langhorne, PA 19047

VENUE DIRECTIONS:

- Enter NHS Parking lot from Old Lincoln Hwy
- Turn left at stop sign
- Follow road towards the stadium
- Access to the stadium may be obtained through gate at the front of the field; Assistant coach will meet ambulance at gate

LIGHTNING PROCEDURES:

- In the event of lightning, all teams will remain in the field house, main building or cars until further noticed

**NESHAMINY HIGH SCHOOL ATHLETIC DEPARTMENT
EMERGENCY ACTION PLAN
FRED GERST GYMNASIUM (GYM 3)**

EMERGENCY PERSONNEL:

- Justin Lewis (Certified Athletic Trainer)
- Lisa Pennington (Athletic Director)

EMERGENCY COMMUNICATION:

All communication will be done via cell phone; therefore all coaches need to keep cell phones in an accessible location in case of emergency.

EMERGENCY EQUIPMENT:

It is the coach's responsibility to make sure their team's medical kit is present for all games. Copy of EAP will also be located inside medical kit. During games, the following equipment will be located in the gymnasium:

- Ice
- AED
- Splints/Slings
- Advanced Bleeding Control Pack
- Equipment not located in the gymnasium can be found in the athletic training room or with athletic trainer

ROLES OF EMERGENCY PERSONNEL:

The athletic trainer will be present for all varsity home games. If there is an emergency where EMS is required, it is the responsibility of the assistant coach to call 911. For immediate care of the injured athlete, follow the protocol included in the plan. When activating EMS, provide the dispatcher with the following information:

- Your name and the phone number you are calling from
- The number of people injured
- The name(s) of those injured
- Current conditions
- Initial care
- Specific directions to the scene
- Ensure the accessibility of the EMS team to the injured athlete

VENUE ADDRESS:

- 2001 Old Lincoln Hwy, Langhorne, PA 19047

VENUE DIRECTIONS:

- Enter NHS Parking lot from Old Lincoln Hwy
- Turn right at stop sign
- Follow road towards the building

Access to the gymnasium may be obtained through the doors; Assistant coach will meet ambulance at door

**NESHAMINY HIGH SCHOOL ATHLETIC DEPARTMENT
EMERGENCY ACTION PLAN
FIELD HOCKEY FIELD**

EMERGENCY PERSONNEL:

- Justin Lewis (Certified Athletic Trainer)
- Lisa Pennington (Athletic Director)

EMERGENCY COMMUNICATION:

All communication will be done via cell phone; therefore all coaches need to keep cell phones in an accessible location in case of emergency.

EMERGENCY EQUIPMENT:

It is the coach's responsibility to make sure their team's medical kit is present for all games. Copy of EAP will also be located inside medical kit. During practices or matches, if emergency equipment is needed please contact the athletic trainer, so accommodations can be made.

ROLES OF EMERGENCY PERSONNEL:

The athletic trainer will may not be present for all home matches. If there is an emergency where EMS is required, it is the responsibility of the coach or assistant coach to call 911. For immediate care of the injured athlete, follow the protocol included in the plan. When activating EMS, provide the dispatcher with the following information:

- Your name and the phone number you are calling from
- The number of people injured
- The name(s) of those injured
- Current conditions
- Initial care
- Specific directions to the scene
- Ensure the accessibility of the EMS team to the injured athlete

VENUE ADDRESS:

- 2001 Old Lincoln Hwy, Langhorne, PA 19047

VENUE DIRECTIONS:

- Enter NHS Parking lot from Old Lincoln Hwy
- Turn right at stop sign
- The field will be on your right
- Gate access to the field next to bus parking; Assistant coach will meet ambulance at door

LIGHTNING PROCEDURES:

- In the event of lightning, all players must remain in main building or cars until further notice.

**NESHAMINY HIGH SCHOOL ATHLETIC DEPARTMENT
EMERGENCY ACTION PLAN
BASEBALL FIELDS**

EMERGENCY PERSONNEL:

- Justin Lewis (Certified Athletic Trainer)
- Lisa Pennington (Athletic Director)

EMERGENCY COMMUNICATION:

All communication will be done via cell phone; therefore all coaches need to keep cell phones in an accessible location in case of emergency.

EMERGENCY EQUIPMENT:

It is the coach's responsibility to make sure their team's medical kit is present for all games. Copy of EAP will also be located inside medical kit. During practices or matches, if emergency equipment is needed please contact the athletic trainer, so accommodations can be made.

ROLES OF EMERGENCY PERSONNEL:

If there is an emergency where EMS is required, it is the responsibility of the coach or assistant coach to call 911. For immediate care of the injured athlete, follow the protocol included in the plan. When activating EMS, provide the dispatcher with the following information:

- Your name and the phone number you are calling from
- The number of people injured
- The name(s) of those injured
- Current conditions
- Initial care
- Specific directions to the scene
- Ensure the accessibility of the EMS team to the injured athlete

VENUE ADDRESS:

- 2001 Old Lincoln Hwy, Langhorne, PA 19047

VENUE DIRECTIONS:

- Enter NHS Parking lot from Old Lincoln Hwy
- Turn left at stop sign
- Follow road towards the stadium
- Follow gravel road to behind the stadium
- Access to the baseball field may be obtained through gates; Assistant coach will meet ambulance at door

LIGHTNING PROCEDURES:

- In the event of lightning, all players must remain in building or cars until further notice.

**NESHAMINY HIGH SCHOOL ATHLETIC DEPARTMENT
EMERGENCY ACTION PLAN
SOFTBALL FIELDS**

EMERGENCY PERSONNEL:

- Justin Lewis (Certified Athletic Trainer)
- Lisa Pennington (Athletic Director)

EMERGENCY COMMUNICATION:

All communication will be done via cell phone; therefore all coaches need to keep cell phones in an accessible location in case of emergency.

EMERGENCY EQUIPMENT:

It is the coach's responsibility to make sure their team's medical kit is present for all games. Copy of EAP will also be located inside medical kit. During practices or matches, if emergency equipment is needed please contact the athletic trainer, so accommodations can be made.

ROLES OF EMERGENCY PERSONNEL:

If there is an emergency where EMS is required, it is the responsibility of the coach or assistant coach to call 911. For immediate care of the injured athlete, follow the protocol included in the plan. When activating EMS, provide the dispatcher with the following information:

- Your name and the phone number you are calling from
- The number of people injured
- The name(s) of those injured
- Current conditions
- Initial care
- Specific directions to the scene
- Ensure the accessibility of the EMS team to the injured athlete

VENUE ADDRESS:

- 2001 Old Lincoln Hwy, Langhorne, PA 19047

VENUE DIRECTIONS:

- Enter NHS Parking lot from Old Lincoln Hwy
- Turn right at stop sign
- The take the road around towards field
- The field will be on your left/right (specify which field)
- Gate access to the field through opening towards the main building (left) or through gates (right); Assistant coach will meet ambulance at door

LIGHTNING PROCEDURES:

- In the event of lightning, all players must remain in building or cars until further notice.