



Hillsborough Dukes Youth Football Program

Event Location:

Hillsborough Elementary School: 435 US-206, Hillsborough, NJ 08844

Fall 2020 Season

EMERGENCY ACTION PLAN

In the event of a medical emergency, please call 911 and/or follow the plan recommendations noted below as well as the Premier Sports Medicine Emergency Policies and Procedures Manual!

Premier Sports Medicine's Pandemic Response Plan to COVID-19: Our Overview, Preparedness, Education, Communication, Response and Return to Play Considerations has been provided to your organization and is therefore recommended in its entirety. This or another physician approved COVID-19 response plan should be implemented and remain in full effect for the duration of this event as dictated by the state and local government, public health departments, and any national governing bodies.

Premier Sports Medicine and Our Athletic Training Team:

Premier Sports Medicine will be the onsite athletic training provider during the above mentioned event to deal with athletic training / sports medicine issues that participants may suffer from while attending the event. Premier Sports Medicine will be onsite to handle regular player care for pre & post event needs as well as to tend to any injury an athlete comes in with or that may occur during a match. Any needs such as injury evaluation, taping, icing, wrapping, and other non-emergent medical needs will be handled by the athletic trainer on-site with Premier Sports Medicine. Premier Sports Medicine and its contracted athletic trainers will advise on whether or not play can / should be continued by an injured athlete. The thought / impression of the athletic trainer should not be taken as a medical diagnosis, but rather a highly qualified thought of the involved injury. A true medical diagnosis must come from a licensed physician. If it is an injury where the athletic trainer does not feel comfortable clearing the athlete, return to play clearance will be determined by a licensed physician.

Founder / President:

Premier Sports Medicine was founded by Adam Greenfield, ATC. Adam is the President of Premier Sports Medicine of New Jersey. If not onsite for an event, Adam can be contacted for any needs related to events in New Jersey or events related to the Premier Sports Medicine of New Jersey portfolio via cell phone at (954) 592-4723 at any time prior to, during or after the event.

Local PSM Partner

Allan Parsells, MS, LAT, ATC, ITAT is the Vice President of Operations and a local partner of Premier Sports Medicine of New Jersey. Allan may also be contacted for any local needs related to PSM Events in New Jersey. If not already onsite for this event, Allan may be contacted for any needs related to events in New Jersey or events related to the Premier Sports Medicine of New Jersey portfolio via cell phone at (908) 977-6650 at any time prior to, during or after the event.





Onsite Athletic Trainer(s)

Premier Sports Medicine will be onsite for the duration of each event and will be represented by various Athletic Trainers throughout the dates. Appropriate organization administration will be informed of the name and contact information for the PSM Athletic Trainers prior to each event coverage date.

Event Director/Onsite Contact(s):

Jim Moran (President): 609-206-0700

Nicole Gaeta (Vice President): 908-448-4160

Bill Hayes (Football Commissioner): 908-581-6412



Stephanie P. Adam, DO, is an orthopedic surgeon specializing in foot and ankle. Dr. Adam focuses on sports related injuries including osteochondral injuries, tendon tears, and ankle instability. Her expertise includes arthroscopy and minimally invasive techniques. Dr. Adam's surgical procedures also include foot and ankle fusion, bunion and adult foot reconstruction, tendon repair, and foot and ankle fractures.

Before joining Summit Medical Group, Dr. Adam practiced with Crystal Run Healthcare for foot and ankle orthopedic surgery in Middletown, New York. She has worked with dancers in the New York City Ballet and American Ballet Companies. Dr. Adam is the team physician for Farleigh Dickinson University and Kent Place School. She is also a consultant for the New Jersey Devils, Rutgers University, and Kean University.

Dr. Adam says, "In addition to enjoying the wide range of procedures and life-long learning that foot and ankle surgery requires, I find the professional relationships I develop with my patients of all ages gratifying. I help ensure that my patients have a trusting, respectful, and open environment in which to express their concerns. I also enjoy motivating my patients throughout their treatment. My approach is to develop an individualized treatment plan to help ensure a full recovery for each of my patients."

Dr. Adam is a member of the American Orthopaedic Foot and Ankle Surgery, American Academy of Orthopaedic Surgeons, American Academy of Osteopathy, and American Osteopathic Association.

When she is not with her patients, Dr. Adam enjoys running, traveling and spending time with her family and friends.

Areas of Treatment

Ankle, Foot and Sports Medicine

Offices:

Florham Park: 140 Park Avenue, Florham Park (Phone: 973-404-9800)

West Orange: 1500 Pleasant Valley Way, West Orange (Phone: 973-669-5600)

Website: SMGOrtho.com



Education & Certifications

DO: New York College of Osteopathic Medicine, Old Westbury, NY

BA: Magna Cum Laude, Biology With Honors and Phi Beta Kappa, Binghamton University, Binghamton, NY

Residency: North Shore University Hospital / Long Island Jewish Hospital System - Peninsula Hospital Consortium, Manhasset NY

Internship: Peninsula Hospital, Far Rockaway NY

Fellowships: Hospital for Special Surgery, New York NY

Board of Certification: American Osteopathic Board of Orthopedic Surgery

Hospital Affiliations: Morristown Medical Center, Overlook Hospital

Premier Sports Medicine of New Jersey is proud to have Dr. Adam as its supervising physician in New Jersey. Dr. Adam is always available by phone for physician to athletic trainer communication (who all have her direct cell phone number). Dr. Adam will be the on call physician for the athletic trainer(s) representing Premier Sports Medicine during this event.

What is a Medical Emergency and What Should I Do?

The following injuries constitute a medical emergency and require **immediate medical attention**:

- Blockage or stoppage of airway, breathing or circulation
- Loss of consciousness
- Any type of seizure
- Severe bleeding
- Severe fracture, dislocation or deformity
- Any injury to the head, neck or spine
- Heat illness: Change in facial color or appearance, extreme fatigue, disorientation, or loss of consciousness.
- Diabetic Emergencies
- Severe asthma or allergy attacks

Roles and Responsibilities in an Emergency

Athletic Trainer(s) representing Premier Sports Medicine:

- Look after and care for athlete
- Assess athletes and decide if advanced medical help is needed.
- Make sure the athlete is not moved until they are sure no serious injury has occurred.
- Instructs coach, game manager or event personnel to activate EMS (911)
- Performs any first aid/CPR that is required
- Is appropriately trained for this position.

Premier Sports Campus Staff / Event Personnel

- Controls the crowd, including concerned parents of the athlete
- Recruits help to the scene if needed
- Aids in crowd control
- Call EMS if the athletic trainer instructs or if there is not an athletic trainer on site
- Give clear directions to access the fields or gymnasium to EMS
- Makes sure the EMS have a clear pathway to the injured athlete
- Meets EMS or sends assistant coach or manager to meet EMS

Event Personnel / Events Visiting Coaches:

- Notifies Athletic Trainer of emergency and/or non-emergent injury
- Aids in making sure that EMS have a clear pathway to the injured athlete
- Aids in crowd control
- Relays information from athletic trainer to the paramedics if needed (ie: athlete is diabetic)
- Accompanies athlete in the ambulance if parents are not on site

General Guidelines for Emergency Situations or Other Injuries

- a. STAY CALM.
- b. The Athletic Trainer representing Premier Sports Medicine should be notified immediately if he or she is not yet aware of emergency or injury. Administrative Staff or Coaches should also be notified as soon as possible of any emergency on site.
- c. Activate Emergency Response immediately and follow Emergency Action Plan for any condition that is potentially LIFE or LIMB threatening. This includes loss of consciousness for ANY reason, uncontrollable bleeding, compound or grossly disfigured bone fractures or dislocations, seizure, and/or any suspected spinal injuries.
- d. If an athlete is conscious and lucid, acquire consent before providing care and activating EMS.
- e. Care should only be given by staff members that are CPR/AED and First Aid certified. NEVER attempt to provide care beyond your training!
- f. Follow the Emergency Action Plan and the PSM Emergency Policy and Procedure Manual as closely as possible, but be prepared to adjust depending on personnel available as well as the situation at the time of emergency.

911 Emergency Phone Guidelines

When dialing 911 please have the following information available to give the dispatcher so that you are prepared to provide as much information as possible: **BE AS SPECIFIC AS POSSIBLE!**

- Location of individual / athlete at the venue including landmarks and/or road names.
- Location of where the ambulance will be met by a designated person to aid with further directions onsite.
- Name, Age and Gender of Injured Individual / Athlete
- Address & Telephone Number of Injured Individual / Athlete
- Number of Injured Individuals
- Condition of Injured Individuals
- Pertinent Medical History of Injured Individual
- Allergies to Medications
- Injured Individuals Mental Status
- First Aid Treatment Given
- Caller's name and phone number for any call back needs by EMS
- Any other Information as Requested

Example Script: "My name is _____ and I have an athlete in need of immediate medical attention at (venue name) in _____, New Jersey located at the following address _____. The athlete is a ___-year-old ___ suffering from _____. Please meet _____ at the main entrance to the facility and he will help direct the ambulance to us."

In the event of a medical emergency the following should occur once an athletic emergency has been addressed...

If EMS is activated, your event staff must be notified so that they may aid in the implementation of the emergency action plan. Following the transition of care to EMS, Adam Greenfield, ATC (Premier Sports Medicine President), Allan Parsells, ATC (PSM-NJ VP of Operations) and Stephanie Adam, DO (PSM-NJ Supervising Physician from Summit Medical Group Orthopedics) MUST be notified immediately about the transported injury. All PSM Athletic Trainers have direct access to Dr Adam via cell or office phones.

Do not allow injured/ill persons to return to activity until seen by a medical professional or the Premier Sports Medicine Team of ATC's

Emergency Equipment at Venue

Automatic External Defibrillators

Location of AEDs

The Hillsborough Dukes have an AED that will be brought to each practice. Please make sure you speak with someone regarding the location of the AED for that day.

Please remember in the event of an emergency...you should always also call 911 to activate EMS!!!

Storage of AEDs

The Hillsborough Dukes will be responsible for maintaining and storing the AED.

MAJOR HOSPITAL SYSTEMS

Robert Wood Johnson University Hospital - Somerset

110 Rehill Ave, Somerville, NJ 08876

Main Phone: (908) 685-2200

Emergency Department Main Phone: (908) 685-2920

*** This Hospital / ER is approx. 8.6 miles away from Hillsborough Elementary School ***

The Children's Hospital at St. Peter's

254 Easton Ave, New Brunswick, NJ 08901

Main Phone: (732) 565-5437

Emergency Room (Main): (732) 937-6009

*** This Hospital / ER is approx. 11.2 miles away from Hillsborough Elementary School ***

The previously mentioned hospitals will be used for emergency services. They have been notified of this event. There is not one specific person to contact at this hospital as the ER back line desk is manned differently throughout each day. They are available and there for us should a player need urgent attention. Our players will be placed in the system in priority order due to severity of symptoms and injury. Most importantly they will know they are coming. We have been told that our players will be called back as quickly as possible. Charge nurses, nurse practitioners, physician assistants and physicians are different daily but all will be aware of the event and our needs. They do have pediatric trained physicians available in their emergency room and are equipped for any and all pediatric cases. They are all equipped for pediatric cases, but more advanced support for significant trauma or necessary admit will come from a local children's hospital. They are equipped at this facility for more significant injuries such as severe fractures, head injuries or chest trauma.

URGENT CARE FACILITIES

Robert Wood Johnson Physician Enterprise Urgent Care in Hillsborough

751 US-206, Hillsborough Township, NJ 08844

Phone: (908) 685-2513

Hours of Operation: Monday through Friday 8a.m. to 8p.m.; Weekends and holidays 9a.m. to 4p.m.

*** This location is approx. 1.0 miles away from Hillsborough Elementary School ***

AFC Urgent Care Bound Brook

601 W Union Ave, Bound Brook, NJ 08805

Phone: (732) 469-3627

Hours of Operation: Monday-Friday 8am-8pm; Weekends 8am-5pm

*** This location is approx. 8.5 miles away from Hillsborough Elementary School ***

*The above mentioned urgent care will be used for urgent cases that do not require emergency services or 911 assistance. They have been notified of this event. They are available and there for us should a player need urgent attention and **do have x-ray onsite**. Our players will be placed in the system in priority order due to severity of symptoms and injury. We have been told that our athletes will be called back as quickly as possible. Practitioners are different daily but all will be aware of our event and needs. They do have pediatric trained physicians available in their facility and are equipped with x-rays, etc that we would need.*

Field Maps / Satellite Images

Hillsborough Elementary School: 435 US-206, Hillsborough, NJ 08844

