

# Emergency Action Plan (EAP)

*First Down Club*

## 1. Purpose

The purpose of this Emergency Action Plan (EAP) is to ensure the safety of players, coaches, referees, volunteers, and spectators in the event of an emergency. This plan outlines procedures for responding to injuries and medical emergencies.

## 2. Emergency Contacts

Name/Title	Contact Number
Local EMS	911
Fire Department	911
Police Department	911
Nearest Hospital	Stamford Hospital (203-276-1000)

## 3. Emergency Procedures

### 3.1 Medical Emergency (Player or Spectator Injury)

- **Call 911 immediately** for serious injuries (unconsciousness, fractures, major bleeding, cardiac arrest).
- **Provide first aid** if trained (use AED if available for cardiac emergencies).
- **Clear the area** and ensure emergency responders have access to the injured person.
- Complete an **Incident Report**.

### 3.2 Severe Weather (Lightning, Storms, Extreme Heat/Cold)

- **Monitor weather alerts** using [Weather App, local news].
- If **lightning is detected within 10 miles**, **suspend play immediately** and move all participants to a **safe indoor location or vehicles**.
- For **extreme heat**, ensure **water breaks every 15 minutes** and monitor for signs of heat exhaustion.
- Resume activities only after an **all-clear** is given.

## 4. Evacuation Plan

- **Evacuation Routes:** All players, coaches, and spectators should exit the field to the entrance past Field 3 or the walkway to the bottom field between field 1 and 3. Map below
- **Assembly Area:** in the parking lot past the entrance or on the lower field
- **Coaches & Volunteers:** Assist in keeping order and accounting for all participants.



## 5. Responsibilities

### 5.1 League Director & Safety Coordinator

- Oversee emergency response and ensure proper communication.
- Ensure all coaches and volunteers are trained on the EAP.
- Conduct safety inspections of equipment and facilities.

## 5.2 Coaches & Team Volunteers

- Follow emergency procedures and direct players safely.
- Keep emergency contact information for all players.
- Administer basic first aid if trained.

## 5.3 Spectators & Parents

- Follow all safety instructions.
- Assist in keeping order during evacuations.

## 6. Training and Drills

- **Coaches and board members must review the EAP** before each season.
- **First aid & CPR training** encouraged for all coaches and volunteers.

## 7. Plan Review and Updates

- The EAP will be **reviewed annually** and updated as needed.
- Updates will be communicated to all board members, coaches, volunteers, and participants
- EAP will be showcased on the FDC website ([www.fdcstamfordflagfootball.com](http://www.fdcstamfordflagfootball.com))