

Lower Cape May Regional High School

Department of Athletics Emergency Action Plan

Updated: July 29, 2025
Adopted: August, 2022

I. Emergency Personnel

a. First Role: The most important role is the immediate care of the athletes. Acute care in an emergency situation should be provided by the most qualified individual on the scene. Individuals with lower credentials should yield to those with appropriate training. First role identifies who takes each of the following roles.

b. Second Role: This role involves equipment retrieval, which may include an automated external defibrillator (AED), crutches, splints, ice, etc. This role can be done by anyone on the emergency team who is familiar with the equipment and the location of the equipment. Coaches and the athletic director are appropriate for this role if the Certified Athletic Trainer (ATC) is unavailable.

c. Third Role: Responsible for activating emergency medical services (EMS). This role is important if there is no emergency transportation at the sporting event. Once the injury is deemed an emergency (see example list below), either the Certified Athletic Trainer (ATC) or an individual who communicates well and is calm under pressure should activate the Emergency Response System by calling the designated phone number for the facility/field.

Providing information to the EMS Dispatcher:

1. Name and address/location of the emergency
2. Condition of athlete(s) involved
3. The first aid treatment initiated by the first responder
4. Directions to the emergency scene, i.e. name of field/facility and closest access point.

d. Fourth Role: Directing EMS to the scene. All gates should be unlocked prior to arrival of emergency services. One member of the emergency team, an assistant coach, athletic director, etc. should be dispatched to help direct EMS personnel to the scene of the injury. All necessary personnel should have keys to all gates and doors within the facility.

II. Emergency Situations: Injuries involving any of the conditions listed below are considered potentially serious and need immediate medical attention. The Certified Athletic Trainer (ATC) or other qualified personnel will act as the first responder and assess the situation.

- Cessation of breathing and/or pulse
- Severe/uncontrolled bleeding
- Severe fracture or dislocation
- Suspected neck/spinal injury
- Suspected Concussion
- Any loss of consciousness, no matter the length
- Heat stroke
- Severe asthma attack
- Severe allergic reaction
- Signs/symptoms of shock (i.e. rapid/weak pulse, cool/clammy skin, rapid/shallow breathing, hypothermia)

III. Emergency Procedure: All personnel must be prepared to act quickly, decisively, and calmly. Follow the protocol below, with information based on your specific location, to eliminate any problems. Become knowledgeable with the protocol. You are to:

1. Quickly assess the injury and severity of the injury.
2. The Certified Athletic Trainer (ATC) will be assisted by the Student Athletic Trainer (if applicable) and team physician (if applicable).
3. Begin any emergency procedures necessary for the situation such as CPR, AED usage, rescue breathing, and/or basic first aid while using universal precautions to protect yourself from infectious disease/blood borne pathogens.
4. The Athletic Training staff/Athletic staff will activate EMS once an emergency medical condition has been recognized.
5. When the athlete is stable, the Certified Athletic Trainer (ATC) or another designated personnel from the athletic staff will contact the athlete's parents/guardians, if not present at the time of the injury.
6. Complete any necessary paperwork including a school incident report and complete SOAP note for the athlete's medical record.

IV. Chain of Command for Dealing with an Athletic Injury

1. Athletic trainer will provide immediate care if available, then qualified coaches if ATC is not available
2. Second in command will retrieve necessary emergency medical equipment (i.e. AED, splint kit, medical supplies, etc.)
3. Check scene for safe conditions
4. Check responsiveness of athlete
 - A- Aware
 - V- Verbal stimuli
 - P- Painful stimuli
 - U- Unresponsive
5. If the athlete is unresponsive or has one of the injuries or illnesses listed above, activate EMS.
6. Begin providing needed injury management/evaluation
7. If athlete never lost consciousness and was able to respond during the whole evaluation, the athlete may be removed from the area of play when the athlete is ready and the athletic trainer deems it necessary.
8. If emergency care is needed, the second responders, EMT's, will assist the ATC in the injury management/evaluation.
9. The whole medical team, first responders and second responders, will stabilize the athlete and/or injury and remove the athlete together. (only if emergency team is needed)
10. Only the **ATHLETIC TRAINER or PHYSICIAN** may make a return to play decision.
11. The athletic trainer or coach will need to contact the athlete's parents/guardians as soon as it is safely possible.

V. Lightning Policy

In the event that lightning is in the area or forecasted, the Athletic Trainer will monitor the weather and keep track of the distance of any lightning strikes in relation to the school campus using Weather-Bug's Spark App. If a lightning strike is recorded within 5 miles of the campus the following actions will take place:

- 1. Athletic Trainer will sound an air horn 3 times signaling lightning in the area.**
- 2. All coaches are to get teams to safety immediately.**
- 3. The Athletic Trainer will check all fields for compliance of coaching staffs.**
- 4. Athletic Trainer will continue to monitor lightning, when 30 minutes have passed from last lightning strike in 5 mile radius, Athletic Trainer will relay to coaches that practices can resume.**
- 5. In the case of lightning during a game, the Athletic Trainer will keep the Officials informed of lightning distances during competition. The Athletic Trainer will immediately inform the Officials of lightning strike within 5 miles of the school campus so they can suspend play (see above for return to play following suspension due to lightning).**

VI. Emergency Evacuation of Outdoor Fields

If an emergency arises either on our campus or in the nearby community that requires the outdoor fields to be evacuated to safety the following actions will take place.

- 1. The Athletic Trainer will sound an air horn 3 times to signal that we were notified by the Lower Township Police Department that there is an emergency situation that requires the fields to be cleared.**
- 2. All coaches are to get their teams indoors to safety immediately.**
- 3. The Athletic Trainer and Athletic Director will monitor fields for compliance of coaching staffs.**
- 4. Once inside safely all coaches will account for all members of their teams and then notify Athletic Trainer and Athletic Director via text or radio of such.**
- 5. All coaches will be advised of emergency that required fields to be cleared and given any further instructions.**
- 6. In the case that an emergency arises during a game, all coaches are to instruct the opposing team, referees and all fans to follow them indoors to safety and await further instructions.**

The following fields will evacuate to the RMT School:

1. High School Soccer Field / RMT Baseball Field
2. JV Soccer Field
3. RMT Field Hockey Field / Boys Lacrosse Practice Field
4. RMT Softball Field

The following fields will evacuate to the High School:

1. Stadium Field
2. Football Practice / Girls Lacrosse Field
3. High School Baseball / Field Hockey Field

All Bennetts Park fields will evacuate to the Concession Stand and adjoining Bathrooms in Bennetts Park.

VII. Heat Policy

A) Practice Guidelines for Heat and Humidity

To ensure the safety of our student-athletes, Lower Cape May Regional High School Athletics will follow the Heat Stress guidelines set forth by the New Jersey State Interscholastic Athletic Association (NJSIAA) in conjunction with the modified guidelines of the American College of Sports Medicine for all school sponsored athletic practices and games. LCMR will use the Wet Bulb Global Temperature (WBGT) scale set forth by the NJSIAA Heat Participation Policy (July 2018). WBGT readings will be monitored using a Kestrel 5400 Heat Stress Meter for the entire duration of any practice/game by the Certified Athletic Trainer when the ambient temperature rises above 80 degrees. At any time access to the Kestrel 5400 is unavailable, LCMR will use the regular Heat Index or “feels like” temperature scale. The Athletic Trainer will make the necessary determination for any practice or game modifications based on the WBGT readings or Heat Index readings using the guidelines below (WBGT readings will always be used first unless unavailable). The Athletic Trainer will convey any modifications to all coaches and Referees if applicable and record WBGT reading and any practice/game modifications on the NJSIAA Heat Participation Policy Record Chart (July 2018).

WBGT READING	Heat Index	Flag	Risk for Heat Illness	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
Under 80.0°F	Under 85°F	Green	Very Low	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
80.0 F – 85.0°F	85°F – 94°F	Yellow	Low	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
85.1 F – 88.0°F	95°F – 99°F	Orange	Moderate	Maximum practice time is 2 hours, <u>For Football</u> : no protective equipment may be worn during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing into shorts. <u>For Field Hockey Goalies</u> : All protective equipment must be removed for conditioning activities. <u>For All Sports</u> : provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
88.1 F – 90°F	100°F - 104°F	Red	High	Maximum length of practice is 1 hour. <u>For Football</u> : no protective equipment may be worn during practice and there may be no conditioning activities. <u>For All Sports</u> : there must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 90°F	Over 104°F	Black	Very High	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

B) Cold Water Immersion Tub Policy

LCMR Athletics shall utilize a Cold Water Immersion Tub to prevent the onset of Exertional Heat Stroke (EHS) per the New Jersey State Interscholastic Athletic Association Cold Water Immersion Policy (July 2018).

Cold Water Immersion (CWI) shall be initiated when an athlete begins to show signs of EHS, including:

- Core temperature greater than 104-105°F (40°C).
- Irrational behavior, irritability, emotional instability
- Altered consciousness, coma
- Disorientation or dizziness
- Headache
- Confusion or just look “out of it”
- Nausea or vomiting
- Diarrhea
- Muscle cramps, loss of muscle function/balance, inability to walk
- Collapse, staggering or sluggish feeling
- Profuse sweating
- Decreasing performance or weakness
- Dehydration, dry mouth, thirst
- Rapid pulse, low blood pressure, quick breathing

CWI shall be implemented immediately and EMS shall be contacted.

On any practice/game day when the temperature is greater than 80°F WBGT; a 150-gallon industrial Rubbermaid tub shall be set up and available on the south side of the high school football practice/Girls Lacrosse field in front of the storage sheds along the asphalt path between the high school and RMT. External clothing/equipment shall be removed prior to cooling or removed immediately after entering tub.

When the District Athletic Trainer is onsite, they shall utilize the principle of Cool First, Transport Second using CWI, until core temperature is at 103°F.

If medical staff is not onsite, cool immediately until the athlete starts to shiver, or for a minimum of 20 minutes based upon the known cooling rate of 1 degree per 3 minutes. If no athletic trainer is present, EMS assumes control of the EHS patient upon arrival and continues cooling for the minimum of 20 minutes or until rectal temperature is obtained.

Cold Water Immersion Tub set up:

CWI tubs mandated for:

- Yellow, red, black levels of WBGT (WBGT over 80.0F)

VIII. Cold Weather Policy

Practice Guidelines for Cold Weather

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. It is important to remember that temperatures do not have to be freezing to have this effect. Individuals engaged in sports activities in cold, wet or windy conditions are at risk for environmental cold injuries

Signs/ Symptoms of Cold Stress

- Fatigue
- Confusion
- Slurred Speech
- Red or Painful extremities
- Dizziness
- Blurred vision
- Numbness/tingling of skin
- Uncontrollable shivering
- Swollen Extremities
- Headache

To ensure the safety of our student-athletes, Lower Cape May Regional High School Athletics will adhere to the following cold weather guidelines set forth by the National Athletic Trainers Association and the New Jersey State Interscholastic Athletic Association for all school sponsored athletic practices when the ambient temperature/Wind Chill drops below 40 degrees.

The Athletic Trainer (ATC) will monitor temperature, wind speed, wind chill, and precipitation and issue an advisory when applicable.

Temperature/Wind Chill: Above 40° (Dry)

No Restrictions to Activities

Temperature/Wind Chill: 30° to 39° (Dry)

- 1- Stay adequately hydrated**
- 2- Water breaks every 30 minutes**
- 3- Watch/monitor athletes for the threat of Cold Related Illnesses
- 4- Athletes and coaches should dress in layers of clothing
- 5- No limit on length of practice**

Temperature/Wind Chill: 25° to 29° (Dry)

- 1- Stay adequately hydrated**
- 2- Water breaks every 30 minutes**
- 3- Watch/monitor athletes for the threat of Cold Related Illnesses
- 4- Athletes and coaches should dress in layers of clothing
- 5- Cover the head and neck to prevent heat loss**

6- No limit on length of practice

Temperature/Wind Chill: 20° to 24° (Dry) or 30° to 34° (w/ precipitation)

- 1- Stay adequately hydrated**
- 2- Water breaks every 30 minutes**
- 3- Watch/monitor athletes for the threat of Cold Related Illnesses
- 4- Athletes and coaches should dress in layers of clothing
- 5- Cover the head and neck to prevent heat loss
- 6- Outdoor practices limited to 1 hour in length**

Temperature/Wind Chill: 15° to 19° (Dry) or 25° to 29° (w/ precipitation)

- 1- Stay adequately hydrated**
- 2- Water breaks every 15 minutes**
- 3- Watch/monitor athletes for the threat of Cold Related Illnesses
- 4- Athletes and coaches should dress in layers of clothing
- 5- Cover the head and neck to prevent heat loss
- 6- Outdoor practices limited to 30 minutes in length**

Temperature/Wind Chill: Below 15° (Dry) or Below 25° (w/ precipitation)

- 1- Stop all outside activities and move inside to heated gym**
- 2- If heated gym is unavailable, suspend practice until temperature/wind chill climbs above 15 degrees (25° w/precipitation)**

IX. Opioid Overdose – Use of Narcan

Opioid drugs pose the danger of accidental overdose, which can stop breathing. By definition, overdose is ingesting more than the recommended amount of a substance. Drug overdose often implies the toxic and overwhelming effect of drugs taken in amounts greater than the body has a capacity to handle.

Death and permanent organ damage can occur.

Naloxone (Narcan) blocks or reverses the effects of opioid medication, including extreme drowsiness, slowed breathing or loss of consciousness. Naloxone is used to treat a narcotic overdose in an emergency situation. It should be used until the patient can receive emergency medical care for an overdose.

Signs and Symptoms of Opioid Overdose

The District Athletic Trainer may administer Naloxone (Narcan) to a patient (student, staff member or visitor) in the event of respiratory depression, unresponsiveness or respiratory arrest, when an opioid overdose is suspected.

The following are signs of an opioid overdose:

- Blue skin tinge-usually lips and fingertips show first
- Body is very limp
- Face is very pale
- Pulse is slow, erratic or not present
- Vomiting
- Choking sounds, gurgling, snoring/gasping noise
- Breathing is very slow, irregular or has stopped
- Unresponsive

Procedure to Administer Narcan

1. **Activate EMS**. 911 must be called in all potential overdose situations. School Administrator on-site will notify LCMR SRO.
2. **Assessment**: When a patient is suspected of an opioid overdose the Athletic Trainer will conduct an initial assessment of the level of consciousness and respiratory status.
 - a) For individuals with no pulse: initiate CPR.
 - b) For individuals with a pulse but who are not breathing: establish an airway and perform rescue breathing using a face mask or shield.
 - c) For individuals who have a pulse and are breathing: assess if there is depression of the respiratory status
 - d) Assess for decrease in level of consciousness as evidenced by:
 - difficult to arouse (responds to physical stimuli but does not communicate or follow commands, may move spontaneously) or
 - unable to arouse (minimal or no response to noxious stimuli, does not communicate or follow commands).
 - e) Athletic Trainer determines the need for Naloxone administration
3. **Administration**: Intranasal administration of Naloxone
 - a) There are exclusion criteria for nasal trauma and epistaxis. Naloxone also should not be administered if there is a known hypersensitivity to Naloxone.
 - Continue rescue breathing or CPR as needed
 - If no response, an additional second dose may be administered after 3-5 minutes
 - Monitor until EMS arrives
 - Place victim in the recovery position and stay with the victim. The recovery position is when you lay the person on his or her side, his or her body is supported by a bent knee and his or her face is turned to the side.
4. **Transport**: EMS must transport patient to the nearest hospital.

X. Athletic Venues:

a. Stadium Field (#1)

1. Usage

- Football
- Soccer
- Track and Field
- Lacrosse

2. Emergency Equipment

- A Certified Athletic Trainer will be present on the sidelines for all home football games.
- An ambulance will be on site for all home varsity football games.
- Crutches, Ice and ice bags, vacuum splint, AED (w/ Certified Athletic Trainer)
- Staff cell phones (when applicable)
- Cold Water Immersion tub to be placed on track behind the west end-zone if WBGT above 80.0 F. Hose to be attached to hose bib behind concession stand and run to tub and cooler of ice placed beside tub (For Home Varsity Football Games Only)

3. Access

- Field is accessed through the East end gate. Follow access road from High School to parking lot at Teitelman School. Gate is at the end of fence immediately to your left as you enter parking lot to RMT

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (cell)

b. Football Practice / Girls Lacrosse Field (#2)

1. Usage

- Football (Practice)
- Girls Lacrosse

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located on the outside of the storage shed at South end of the field.

3. Access

- Field is located behind the east end of the High School building, next to the Stadium Field and is accessed through the gate next to the east corner of the school, entering the bus parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

c. High School Baseball / Field Hockey Field (#3)

1. Usage

- Baseball
- Field Hockey

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located on the outside of the storage shed at the South end of the Football/Girls Lacrosse Practice Field.

3. Access

- Field is located behind the Northeast end of the High School building and is accessed through the gate next to the east corner of the school, entering the bus parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

d. LCMR Field House (#4)

1. Usage

- Wrestling
- Cheerleading
- Indoor Practices during inclement weather

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located on the wall in the vestibule of the field house next to bathrooms and storage rooms.

3. Access

- Field house is located at the East end of the High School parking lot and is accessed through the vestibule doors facing the parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

e. Varsity Soccer Field / RMT Baseball Field (#5)

1. Usage

- Boys Soccer
- Girls Soccer
- RMT Baseball

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located on the outside of the soccer storage shed on the South side of the Soccer / RMT Baseball Practice Field.

3. Access

- Field is located on the North side of the Teitelman School and is accessed through the gate at the North end of the Teitelman School parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

f. JV Soccer Field (#6)

1. Usage

- Boys Soccer
- Girls Soccer

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located on the outside of the storage shed at the South end of the Football/Girls Lacrosse Practice Field.

3. Access

- Field is located across from the Teitelman School at the East end of the Stadium and is accessed through the gate at the north end of the Teitelman School parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

g. RMT Field Hockey Field / Boys Lacrosse Practice Field (#7)

1. Usage

- RMT Field Hockey
- Boys Lacrosse

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located on the wall outside of the RMT Library next to the field.

3. Access

- Field is located on the south side of the Teitelman School and is accessed through the gate at the Southeast end of the Teitelman School parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

h. RMT Softball Field (#8)

1. Usage

- Softball

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located on the wall outside of the RMT Library next to the RMT Field Hockey/Boys Lacrosse Field.

3. Access

- Field is located on the South side of the Teitelman School behind the Field Hockey/Lacrosse Field and is accessed through the gate at the Southeast end of the Teitelman School parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

i. LCMR New Gymnasium (#9)

1. Usage

- Basketball
- Volleyball
- Indoor Practices during Inclement Weather

2. Emergency Equipment

- AED is located outside the doors to the gymnasium.
- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water cups for each practice session. These will be located in the New Gym storage room next to equipment cages.
- Staff cell phones (when applicable); Landline is located in Athletic Training Room.

3. Access

- Gym is accessed at the Southeast corner of the High School building, through the door marked Gymnasium Entrance..

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

j. LCMR Old Gymnasium (#10)

1. Usage

- Wrestling
- Basketball
- Indoor Practices during Inclement Weather

2. Emergency Equipment

- AED is located outside gymnasium door in hallway near classroom.
- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water cups for each practice session. These will be located in the New Gym storage room next to equipment cages.
- Staff cell phones (when applicable); Landline is located in Athletic Training Room

3. Access

- Gym is accessed at the Southeast corner of the High School building, through the door marked Gymnasium Entrance..

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

k. RMT New Gymnasium (#11)

1. Usage

- Wrestling
- Basketball

2. Emergency Equipment

- AED is located outside gymnasium door in hallway near cafeteria.
- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water cups for each practice session. These will be located in the gym storage room.
- Staff cell phones (when applicable).

3. Access

- Gym is accessed through the Main Entrance to the RMT School building, follow hallway straight to gym.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

I. RMT Old Gymnasium (#12)

1. Usage

- Wrestling
- Basketball

2. Emergency Equipment

- AED is located outside gymnasium door in hallway near cafeteria.
- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water cups for each practice session. These will be located in the Gym storage room.
- Staff cell phones (when applicable).

3. Access

- Gym is accessed through the Main Entrance to the RMT School building, follow hallway straight to gym.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

m. Bennets Park - Softball Field (#13)

1. Usage

- Softball

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located in the concession stand next to the field

3. Access

- Field is located just North of the High School campus on Route 9 and is accessed through the Parks Main Gate on Route 9. Follow the entrance road back to the parking lot, the field is on the Southwest corner of the parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

n. Bennets Park – Boys Lacrosse Field (#14)

1. Usage

- Boys Lacrosse

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located in the concession stand next to the field

3. Access

- Field is located just North of the High School campus on Route 9 and is accessed through the Parks Main Gate on Route 9. Follow the entrance road back to the parking lot, the field is on the Northwest corner of the parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

o. Bennets Park – Baseball Field (#15)

1. Usage

- Baseball

2. Emergency Equipment

- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located in the concession stand next to the field

3. Access

- Field is located just North of the High School campus on Route 9 and is accessed through the Parks Main Gate on Route 9. Follow the entrance road back to the parking lot, the field is on the Northeast corner of the parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)

p. Bennets Park – Tennis Courts (#16)

1. Usage

- Tennis

2. Emergency Equipment

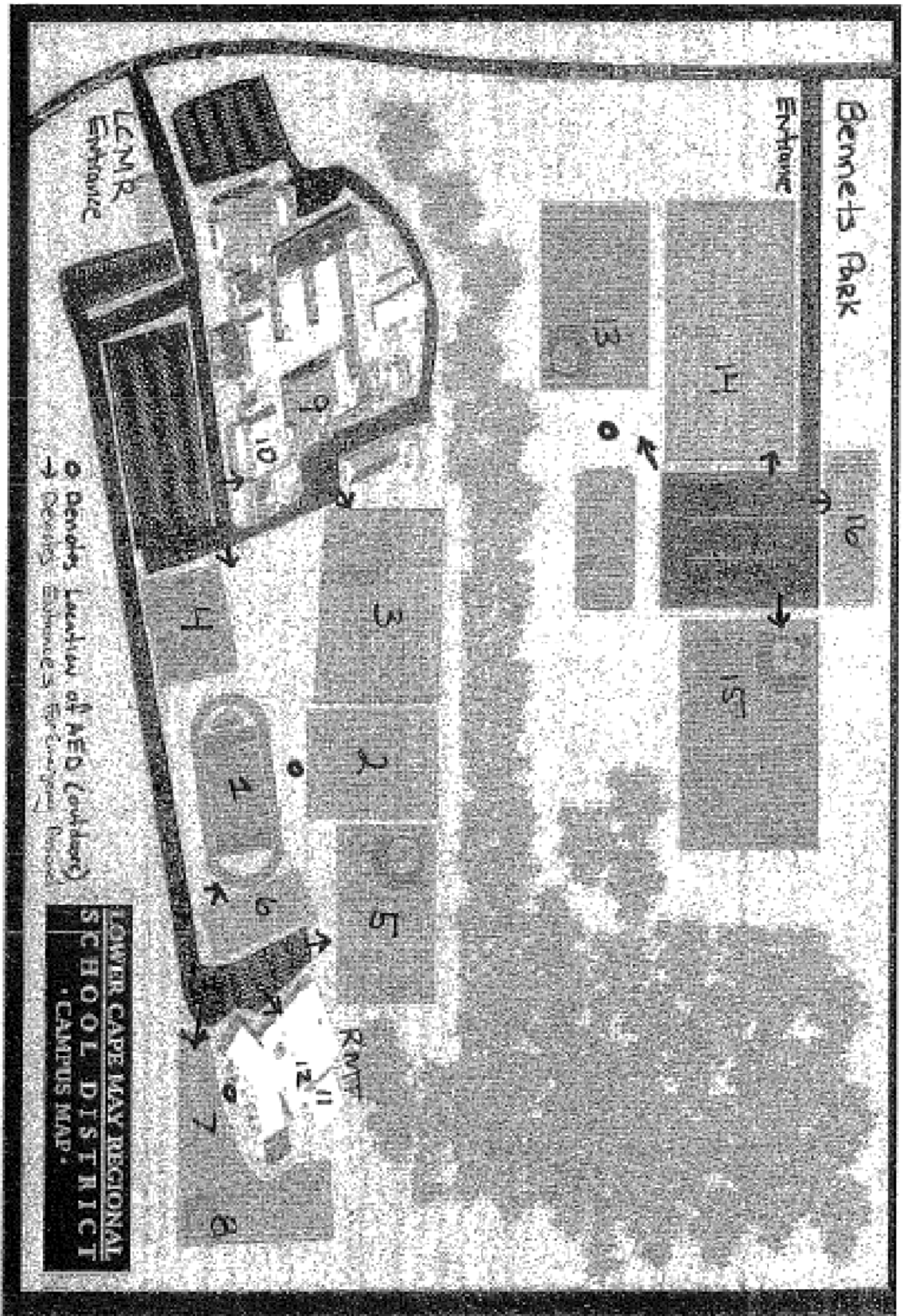
- Teams are responsible for gathering their medical kits, water jugs, ice with ice bags, and water bottles for each practice session. These will be given to each team at the beginning of the season and will be stored by the teams in their own storage areas.
- Staff cell phones (when applicable); There is no landline at this field.
- AED is located in the concession stand next to the field

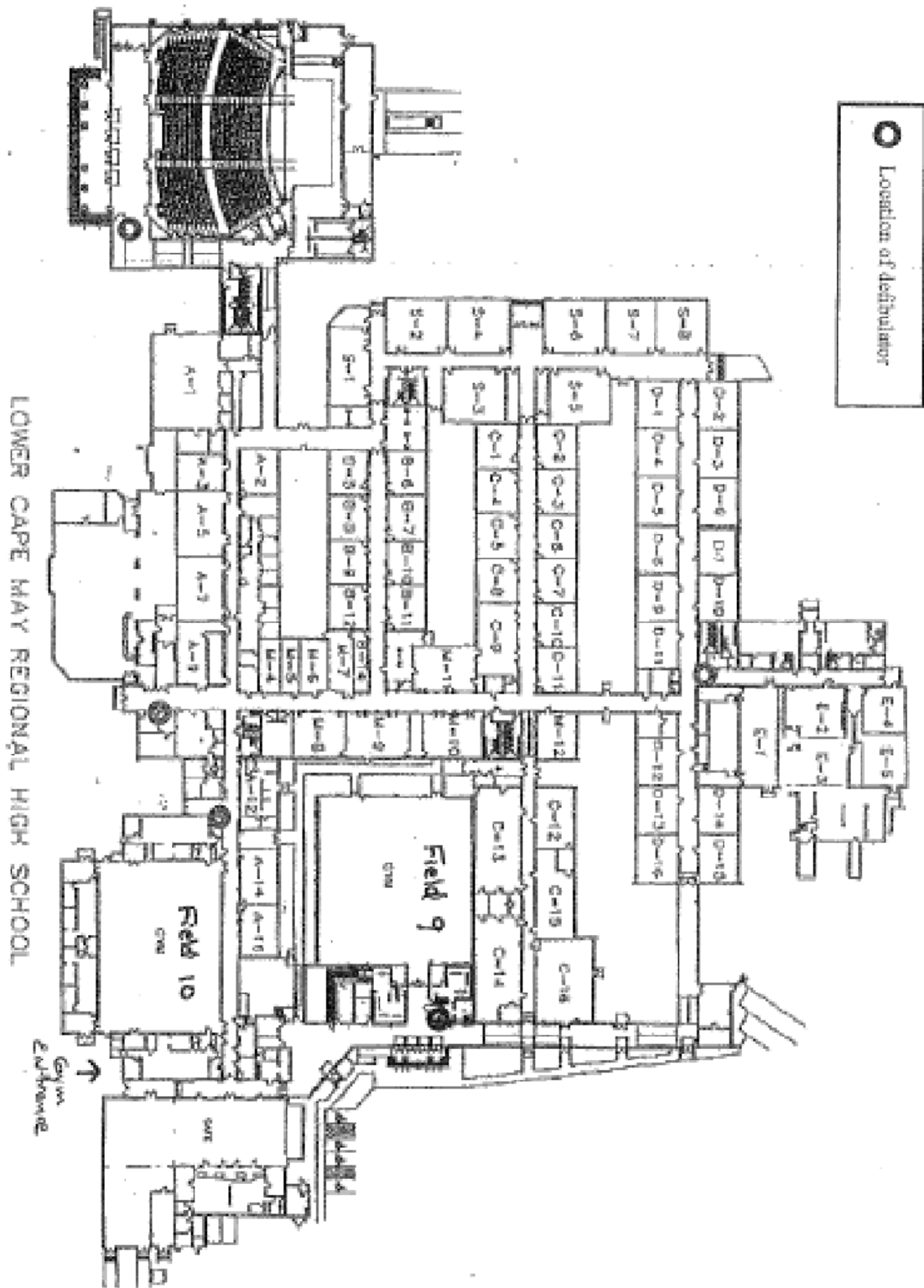
3. Access

- Field is located just North of the High School campus on Route 9 and is accessed through the Parks Main Gate on Route 9. Follow the entrance road back to the parking lot, the field is on the Northeast corner of the parking lot.

4. Emergency Contact Information

- Lower Twp. Police: 609-886-2711
- 911
- LCMR Athletic Training Room: 609-884-3475 Ext: 216
- Frank Zilinek, ATC: 609-780-0236 (Cell)





RICHARD M. TETTELMAN JR. HIGH SCHOOL
FIRST FLOOR

● Location of Defibrillator

