

## Emergency Action Plan (EAP) – Sinatra Field

**Location:** Sinatra Field, Hoboken, NJ

**For Use During All Hoboken Recreation Sports Activities**

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### **IMMEDIATE ACTION – LIFE-THREATENING EMERGENCY**

In the event of a **serious injury, medical emergency, or life-threatening situation:**

1. **Call 911 immediately**
    - Provide the dispatcher with:
      - Your name and phone number
      - Nature of the emergency
      - Location: **Sinatra Field, 525 Sinatra Drive, Hoboken, NJ**
      - Exact location within the park (e.g., north/south field, near restrooms, etc.)
  2. **Send a designated adult to the entrance of the field** (near Sinatra Drive) to meet emergency responders and direct them to the scene.
  3. **Clear the area around the injured person.** Keep all non-essential personnel (players, parents) back.
  4. **Do not move the injured person** unless they are in immediate danger (e.g., fire, electrical hazard).
  5. **Administer first aid or CPR** if trained and necessary, until help arrives.
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### **MINOR INJURIES**

For **non-life-threatening injuries:**

- Provide **basic first aid** (bandages, ice packs, etc.)
  - Every Field monitor will have a first aide bag at the field
  - Recreation staff or field monitor can assist if needed.
  - Notify the child's parent/guardian promptly.
  - Fill out an **Incident Report** (available from Recreation staff or field monitor).
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### **WEATHER & FIELD CONDITIONS**

**Lightning / Thunderstorms:**

- **Clear the field immediately** at the first sound of thunder or sight of lightning.
- Follow the **30/30 Rule**: Wait at least **30 minutes** after the last thunderclap before returning to the field.
- Seek shelter in **cars** or nearby covered areas. **Do not shelter under trees or open tents.**

#### Unsafe Playing Conditions:

- If the field is unsafe (e.g., flooding, exposed equipment), **cancel play**.
- Field monitors or Recreation staff have the authority to suspend or cancel games.
- Communicate updates via **TeamSnap**.

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#### IMPORTANT CONTACTS

Role	Contact
Emergency Services	911
Hoboken Recreation Office	(201) 420-2012
Hoboken Police (non-emergency)	(201) 420-2100
Field Monitor	On-site

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#### POST-INCIDENT PROCEDURES

- All incidents must be reported to Hoboken Recreation Staff.
- Recreation staff may follow up with:
  - Parents or guardians
  - Coaches or witnesses
  - First responders, if applicable
- Complete an **Incident or Injury Report Form** within 24 hours.

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#### HEAD INJURIES & CONCUSSIONS

If a player sustains a suspected head injury:

- **Remove the player from play immediately.**
- **Do not allow them to return to play** without written medical clearance.

- Notify the parent/guardian ASAP.
  - Complete a **Head Injury/Concussion Report**.
  - Follow all CDC "Heads Up" concussion protocols.
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#### **FIELD ACCESS & DIRECTIONS**

**Address:** Sinatra Field, 525 Sinatra Drive, Hoboken, NJ

**Nearest Intersection:** Sinatra Drive & 11th Street

**Emergency Vehicle Access:** Available via Sinatra Drive entrance (keep area clear)