



Edmond Santa Fe High School

Emergency Action Plan

D'Anna Kyle MA, LAT ATC

Head Athletic Trainer



Emergency Action Plan:

A SERIOUS INJURY IS ANY CONDITION WHEREBY THE ATHLETE'S LIFE MAY BE IN DANGER OR RISKS PERMANENT IMPAIRMENT. THESE INJURIES INCLUDE BUT ARE NOT LIMITED TO: CERVICAL SPINE INJURIES, HEAD INJURIES, LOSS OF LIMB, SERIOUS BLEEDING, SHOCK, SERIOUS FRACTURES, HEAT STRESS AND CARDIOVASCULAR ARREST.

Purpose: To provide Edmond Santa Fe High School Athletics with an emergency action plan (EAP) in case of a serious or life-threatening condition that arises during practice or competitions. AT, coaches, and others involved in athletics must constantly be on guard for potential injuries, and although the occurrence of limb-threatening or life-threatening emergencies is not common, the potential exists. Therefore, prepared emergency responders must have planned in advance for the action to be taken in the event of such an emergency.

Sports Medicine Health Care Team:

Head Athletic Trainer – D'Anna Kyle, M.A., LAT, ATC	(417) 684 – 0178 (C)
Landline to Athletic Training Facility	(405) 340 – 2230
Team Physician – Dr. Chris Espinoza	(720) 273 – 7604 (C)
Edmond Santa Fe Athletic Director – Andy Rasmussen	(405) 202 – 0934 (C)
Local Emergency Number	911
Closest Emergency Room <i>Mercy Hospital Oklahoma City 4300 W. Memorial Rd. Oklahoma City, OK 73120</i>	(405) 755 - 1515
Sports Emergency Clinic <i>McBride Orthopedic Hospital 9600 Broadway Ext Oklahoma City, OK 73114</i>	(405) 486 - 2100

Information to be provided over the phone in case of emergency:

1. Name and phone number you are calling from.
2. Exact location of emergency and directions (street names, buildings, landmarks, entry into buildings, specific areas, etc.)
3. Type of injury or illness.
4. Condition of patient(s) and type of aid being provided.
5. Number of people injured.
6. Other information as requested and be the last one to hang up.

Roll of First Responder:

1. Check life threatening conditions
 - a. Level of consciousness – if unconscious call 911 immediately
 - b. Airway – is airway blocked
 - c. Breathing – is person breathing
 - d. Circulation – does person have pulse
 - e. Bleeding – is person bleeding severely
2. Call the athletic trainer
3. Apply basic first aid as situation requires
 - a. Adult CPR: 30 compressions then every 2 breaths
 - b. Bleeding: direct pressure over injury; elevate injury over heart if possible; apply sterile dressing over injury
 - c. Treat for Shock – if necessary
4. Any other emergency procedures as necessary
5. Other things to consider during emergency situation:
 - a. Reassure and calm athlete
 - b. Don't move severely injured athlete unless he/she is in danger
 - c. Don't reduce fractures or dislocations

On Field Emergency Signs

1. Arms for X above head: Ambulance/EMS needed
2. Arms for X over chest: Physician needed
3. Arms extended horizontally in a T position: Cold water submersion needed
4. Arm held up with a first in the air: AED needed

After Hours Emergencies

In the event of an emergency after hours, the following protocols should be initiated

1. Call 911 and go to the nearest hospital.
2. Call the parent or guardian and notify of emergency.
3. Notify athletic trainer (D'Anna), head coach, and/or athletic director.

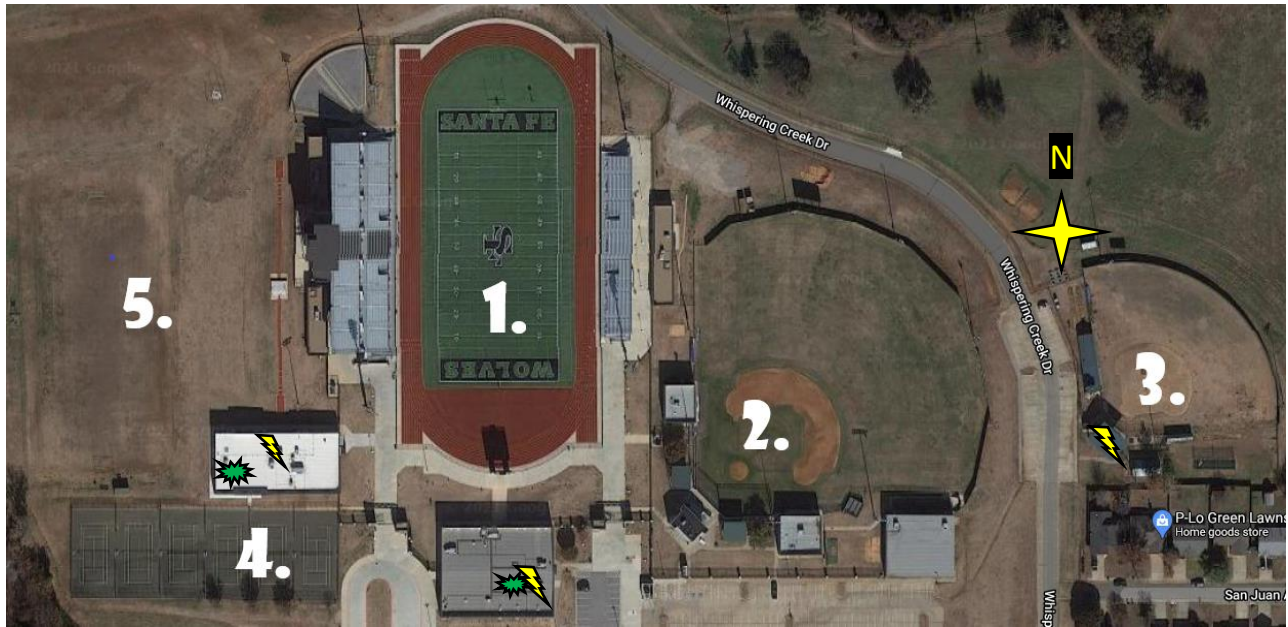
Emergency Equipment


- AED
- Splint Bag
- First Aid Medical Kit
- Crutches

Concussion Management

Refer to ESF Concussion Management

Packet



 = ATR
  = AED

Outdoor Facilities:

1. Football/Soccer/Track Stadium

- When entering the school facility off 15th street, proceed north until you get to the circle drive in front of the double gates. Santa Fe personnel will be meeting you at the front gate to lead you to the proper location.

2. Baseball Stadium

- When entering the school facility off 15th street, proceed north. The stadium is located in the center of the northern part of campus with a parking lot directly south. Santa Fe personnel will be meeting you at the front gate to lead you to the proper location.

3. Softball Stadium

- When entering the school facility off 15th street, proceed to the northeast corner of campus and park in the adjacent parking lot. Santa Fe personnel will be meeting you at the front gate to lead you to the proper location.

4. Tennis Courts

- See #1

5. Football/Track Practice Field

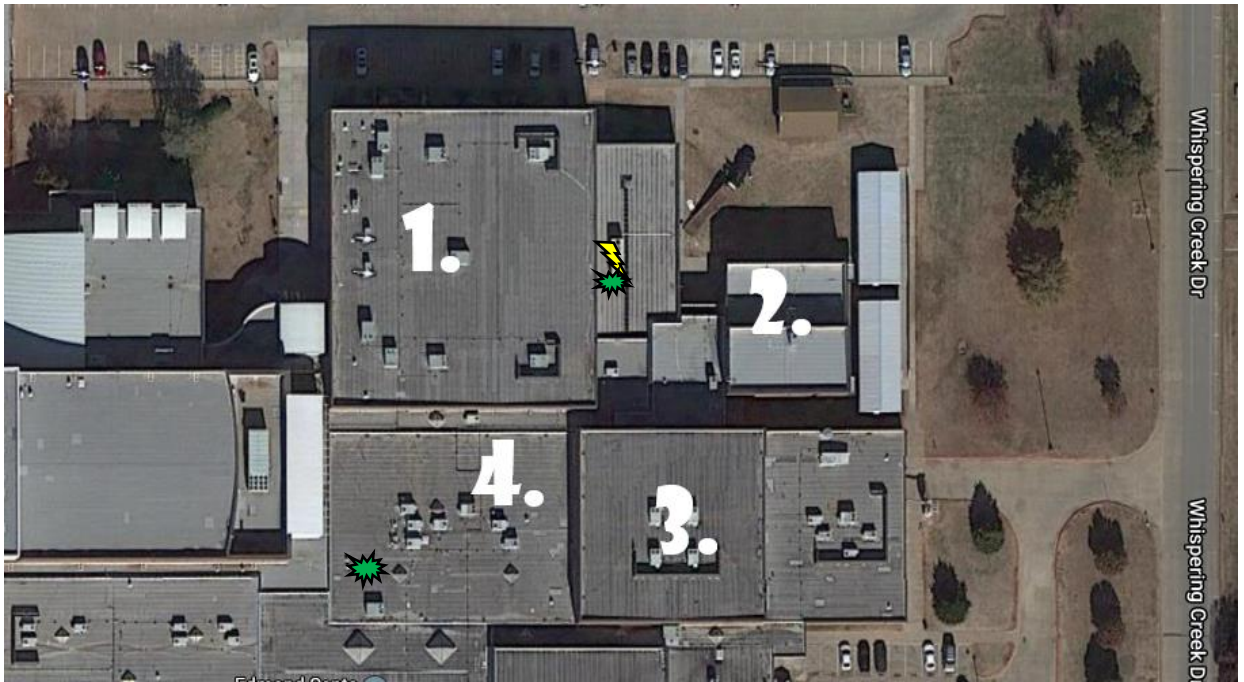
- See #1


6. Cross Country Course

- Each event will be unique and an EAP will be sent out prior to the event.

***Each situation is unique and may vary from these instructions.**





 = ATR  = AED

Indoor Facilities

1. Main Gym

- When entering the school facility off 15th street, proceed north until you reach the back of the main school building. Continue to the center of the school and park in the southern parking lot. Enter the facility through the double doors. *Door 16 may be alternatively used if necessary. Santa Fe personnel will be meeting you at the entrance to lead you to the proper location.

2. Cheer/Pom Practice Facility

- When entering the school facility off 15th street, proceed north until you reach the back of the main building. Continue to the southeast parking lot near door 16. Enter through the double doors to the east of door 16. Santa Fe personnel will be meeting you at the entrance to lead you to the proper location

3. Practice Gym

- When entering the school facility off 15th street, proceed north until you reach the back of the main building. Continue to the southeast parking lot near door 16. Enter through door 16. Santa Fe personnel will be meeting you at the entrance to lead you to the proper location.

4. Wrestling Room

- See #3

***Each situation is unique and may vary from these instructions.**

Edmond Public Schools Severe Weather Guidelines

Lightning

Established criteria should be discussed with officials and coaches prior to the beginning of the contest. The Certified Athletic Trainer or school administrator on-site will have full authority to enact emergency protocols regardless of the game situation.

Role of athletic trainer and site admin:

1. Lightning at **20-15 miles** - The athletic trainer and school admin will monitor lightning. (Lightning App, Weather Bug)
2. When lightning is **within 12 miles**, the Athletic Trainer and administrator in charge should notify officials. Administrator will contact PA announcer
3. Lightning under **10 miles**- Must be off field – DANGEROUS
4. After athletes have been moved to a safe location, the athletic trainer, administrators, officials, and coaches should meet to evaluate the criteria used to determine if and when play will resume for activity.
 - Home team-Football Field House
 - Visiting team-Track Field House
OR
 - Any indoor structure available

DUE TO APPROACHING INCLEMENT WEATHER, PLAY WILL BE TEMPORARILY SUSPENDED. AS A PRECAUTIONARY MEASURE, WE ARE GOING TO EVACUATE THE STADIUM. AT THIS TIME WE ASK THAT YOU LEAVE THE STADIUM AND SEEK INDOOR SHELTER. THE ATHLETIC TRAINER, ADMINISTRATION, OFFICIALS, AND COACHES WILL EVALUATE THE SITUATION TO DETERMINE IF AND WHEN PLAY WILL RESUME FOR ACTIVITY.

After athletes have been moved to a safe location, ATC, administrators, officials, and coaches should meet to evaluate the criteria used to determine if and when play will resume for activity. The following criteria will be used:

- Can the expected duration of the storm/weather be determined?
- Has the contest reached a point to which it can be declared official?
- Is the contest a playoff, district, or conference game?
- Can the contest be rescheduled?
- Are officials available for rescheduled?
- What is the travel distance for the visiting team?

Tornado

Each team will go to their respected locker room. Fans will go to large and small gymnasiums in the main building. Stands will be cleared and not let back in until cleared by ATC and site AD.

Severe Heat Policy

Water is to be available at all times with mandatory breaks during practices.

The athletic staff must watch student-athletes carefully for signs of trouble, particularly athletes who lose too much weight, overweight student-athletes, and the eager student-athletes who constantly competes at top capacity.

Athletic staff must know what to do in case of an emergency. They should be familiar with immediate first aid practices and pre-arrange procedures for obtaining medical care, including ambulance service.

The athletic staff must know both the temperature and humidity of the activity location. The greater the humidity the more difficult it is for the body to cool itself.

If **any** athlete is noted to have difficulties in the heat, their activity should be closely monitored or cancelled because others are likely also to have difficulties.

Signs and Symptoms of Heat Illness:

- Headache
- Dizziness
- Rapid pulse
- Nausea/Vomiting/Diarrhea
- Skin is flushed/cool and pale
- Disoriented/confusion
- Shallow breathing Muscle cramping
- Red, dry skin, seizures
- Loss of consciousness/Collapse
- Unusual behavior/Irritability

Exertional Heat Exhaustion: Defined as an elevated core body temperature between 102-104 degrees F. This condition is not as severe as heatstroke but if left untreated it can progress to heat stroke. Initiate cooling procedure immediately. No return to activity.

Exertional Heat Stroke: Defined as core body temperature > 104 degrees F Delay in recognition/treatment could be fatal. Initiate cooling and Emergency Action Plan immediately.

EAP specifically for heat illness-Cool first, call 911 and transport second
Role of First Responder

- Immediate care of injured athlete
- Retrieve Polar Pod and coolers of ice or take to nearest ice tub
- Activate Emergency Medical System (Call 911)
 - Provide name, address, phone number, number of injured persons, condition of injury, first aid treatment, specific directions and other necessary information
- Direct EMS to scene
 - Designate individual to “flag down” and direct EMS
 - Control the crowd/limit spectators around the scene

Wet Bulb Globe Temperature (Heat Index) Recommendations

The following precautions are recommended when using the WBGT Index:

Wet Bulb Globe Temperature Category Work/Rest and Water Intake

08/07/15

Unacclimated and Acclimated Work/Rest and Water Intake Chart

Heat Risk Category		Wet Bulb Globe Temp	Light Work		Moderate Work		Heavy Work	
			Work/Rest	Water Intake (quart/hr)	Work/Rest	Water Intake (quart/hr)	Work/Rest	Water Intake (quart/hr)
No Risk	Unacclimated	78 – 79.9	50/10 min	½	40/20 min	¾	30/30 min	¾
	Acclimated	78 – 79.9	continuous	½	continuous	¾	50/10 min	¾
Low	Unacclimated	80 – 84.9	40/20 min	½	30/30 min	¾	20/40 min	1
	Acclimated	80 – 84.9	continuous	½	50/10 min	¾	40/20 min	1
Moderate	Unacclimated	85 – 87.9	30/30 min	¾	20/40 min	¾	10/50 min	1
	Acclimated	85 – 87.9	continuous	¾	40/20 min	¾	30/30 min	1
High	Unacclimated	88 – 90	20/40 min	¾	10/50 min	¾	avoid	1
	Acclimated	88 – 90	continuous	¾	30/30 min	¾	20/40 min	1
Extreme	Unacclimated	> 90	10/50 min	1	avoid	1	avoid	1
	Acclimated	> 90	50/10 min	1	20/40 min	1	10/50 min	1

Adapted from: 1) USGS Survey Manual, Management of Occupational Heat Stress, Chapter 45, Appendix A. 2) Manual of Naval Preventive Medicine, Chapter 3: Prevention of Heat and Cold Stress Injuries. 3) OSHA Technical Manual Section III: Chapter 4 Heat Stress. 4) National Weather Service Tulsa Forecast Office, Wet Bulb Globe Temperature.

Thirty (30) minutes prior to the start of activity, temperature and humidity readings should be taken at the practice/competition site.

If a reading is determined whereby activity is to be decreased (above 95 degrees Heat Index), then re-readings would be required every 30 minutes to determine if further activity should be eliminated or preventative steps taken, or if an increased level of activity can resume. Using the following scale, activity must be altered and/or eliminated based on this Heat Index as determined

Cold Weather Considerations

During late Fall, Winter, and early Spring, low temperatures and high winds may be present. It is important that we make ourselves aware of the dangers of this situation to prevent cold weather illnesses such as frost-nip and frost-bite (See Wind-Chill Index). Daily monitoring of weather reports via the National Weather Service in Norman, OK, as well as regional news entities will be used to help determine the outside air temperature and wind chill values.

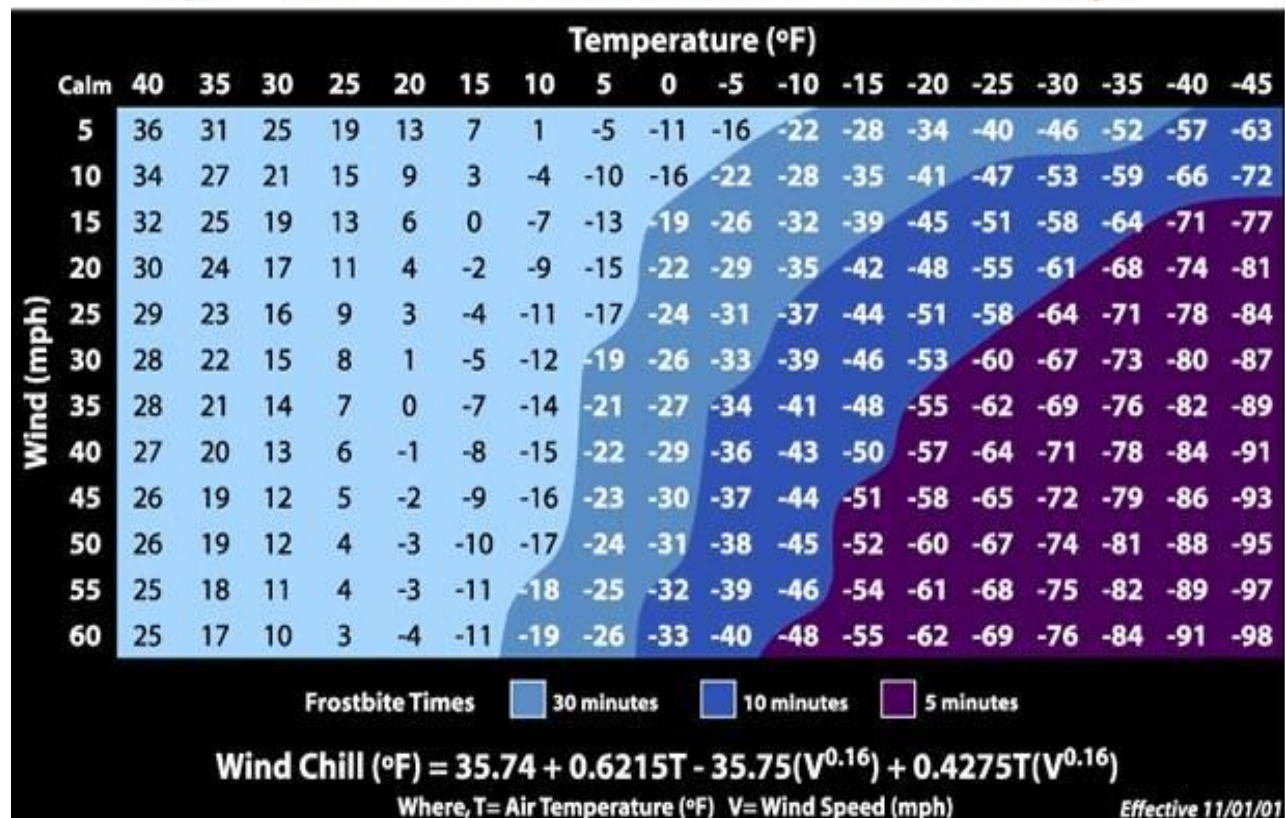
Guidelines for outdoor sports practices & games in cold weather:

All ATHLETES, COACHES, & FANS MUST BE PROPERLY DRESSED FOR WEATHER CONDITIONS.

1. If air temperatures range from 40 to 30 degrees, with wind speeds between 10-20mph (normal for our area)(or greater), fatigue & frostnip are possible with prolonged exposure. Players will be given 5-10 minute breaks at 30-40 minute intervals during practice/games to warm up.
2. Air temps between 30 and 20 degrees, with wind speeds between 10-20mph (or greater), frost nip & frost bite are possible. Practice should be moved indoors, Games may continue as able.
3. Air temps below 20 degrees, with wind speeds between 10-20mph (or greater), practice must be moved indoors or postponed until warmer weather conditions permit; Games should be postponed.



NWS Windchill Chart



Catastrophic Injury – Crisis Management Plan

Contact Athletic Training/Sports Medicine Personnel

- Head Athletic Trainer: D'Anna Kyle, MA, LAT, ATC Cell: (417) 684 – 0178
- Athletic Director: Andy Rasmussen, (405) 202 – 0934
- Contact /Update coaching staff, on current situation(s).
- Contact family by appropriate individual (use assistance as needed).
- Coordinate media plan

NO CONTACT WITH MEDIA from the Athletic Training Staff, Hospital Staff, Emergency Medical Personnel or Coaching Staff except through the Edmond Santa Fe Athletic Department.

- Establish a hospital contact person.
- Meeting with athletes to discuss situation

NO OUTSIDE DISCUSSION OF MEETING WITH MEDIA

- Complete documentation of events: include everyone involved with signatures.
- Collect and secure all equipment and materials involved.
- Construct a detailed timeline of events related to the incident.
- Involve appropriate counseling personnel.
- Assign athletic staff members to be with family at all times upon arrival; assist family as needed; protect from outside persons.
- Critical incident stress debriefing/counseling as necessary for individuals involved in incident