

LEXINGTON CHRISTIAN ACADEMY

EMERGENCY ACTION PLAN

FOR ATHLETICS



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Lexington Christian Academy Emergency Action Plan

Introduction

Emergency situations may arise at anytime during athletic events. In order to provide the best possible care to the sport participant during emergency and/or life threatening conditions quick and expedient action must be taken. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies may occur at anytime during an activity, the athletic department must be prepared. Athletic organizations have a duty to develop an emergency plan that may be implemented immediately when necessary and to provide appropriate standards of emergency care to all sports participants. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team should enable each emergency situation to be managed appropriately.

Components of the Emergency Plan

1. Emergency personnel / roles
2. Emergency communication
3. Emergency equipment
4. Emergency transportation

Emergency Personnel / Roles

During a typical athletic practice or competition, the first responder to an emergency situation is usually a certified athletic trainer (ATC) or the head/assistant coach. A team physician may not always be present at every organized practice or competition. The type and degree of sports medicine coverage for an athletic event may vary widely, based on such factors as the sport or activity, the setting, and the type of training or competition. The first responder in some instances may be a coach or other institutional personnel.

The development of an emergency plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, emergency medical technicians, certified athletic trainers; student athletic trainers; coaches; managers; and, possibly, bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the athletic trainer. There are four basic roles within the emergency team. The first and most important role is establishing safety of the scene and immediate care of the athlete. The most qualified individual on the scene should provide acute care in an emergency situation. Individuals with lower credentials should yield to those with more appropriate training. The second role, EMS activation, may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. This person should also be familiar with the location and address of the sporting

event. The third role, equipment retrieval may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. The fourth role of the emergency team is that of directing EMS to the scene. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of emergency. Depending on ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel.

Roles within the Emergency Team

1. Establish scene safety and immediate care of the athlete
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene

Activating the EMS system

Making the call:

- 911
- Telephone numbers for local police, fire department, and ambulance service

Providing Information:

- Name, address, telephone number of caller
- Nature of emergency, whether medical or non-medical
- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to located the emergency scene
- Other information as requested by dispatcher

When forming the emergency team, it is important to adapt the team to each situation or sport. It may also be advantageous to have more than one individual assigned to each role. The ATC or team physician will assign individuals roles as seen fit. This allows the emergency team to function even though certain members may not always be present.

Emergency Communication

The key to quick emergency response is communication. Athletic trainers and emergency medical personnel must work hand in hand to provide the best emergency response capability. Communication prior to the event is a good way to establish protocols and to build rapport between both groups of professionals. If emergency medical transportation is not available on site during a particular sporting event then direct communication with the emergency medical system at the time of injury or illness is necessary.

Direct access to a working telephone or other telecommunication device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A cellular phone is preferred if available. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if it is not easily accessible.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be

in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and use rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training of the emergency medical providers. It is recommended that the athletic trainer be responsible for the care of the equipment. It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

Emergency Transportation

In the medical emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete. Any emergency situations where there is impairment in level of consciousness (LOC), airway, breathing, or circulation (ABC) or there is neurovascular compromise should be considered a “load and go” situation and emphasis placed on rapid evaluation, treatment and transportation.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete’s survival may hinge on how well trained and prepared athletic healthcare providers are. Through development and implementation of the emergency plan, the athletic department helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Approved by _____
Athletic Director

Date

Approved by _____
Athletic Trainer

Date



Coaches Role in Athletic Injury Care and Management

Emergency Action planning is the essential key to effective management of all athletic related injuries. As we continue to develop our plans it is extremely important that all Head and Assistant coaches understand their roles in the management of athletic injuries.

Protocol 1

Practices and Games **without** Certified Athletic Training Coverage:

1. Provide appropriate First Aid
2. Activate EMS if necessary
3. Contact ATC as soon as possible
4. Contact parents/guardians as soon as possible
5. Fill out appropriate injury report form in a timely manner

Protocol 2

Practices with Certified Athletic Training Coverage:

1. Notify ATC of athletic injury
2. Exercise management of team away from injured athlete
3. Assist ATC in activation of EMS if necessary
4. Assist ATC with advanced emergency care upon request

Protocol 3

Games with Certified Athletic Training Coverage:

1. Notify ATC of athletic injury
2. Exercise management of team away from injured athlete
3. Assist ATC in activation of EMS if necessary
4. Assist ATC with advanced emergency care upon request

General Policies and Guidelines

All athletic teams will be provided with a medical kit by the athletic training department. It is the responsibility of the coaching staff to make sure that the kit is properly stocked and present at all practices and games. The kit may be returned to the athletic training department to be restocked as needed.

The Head Coach is responsible for assuring the presence of the Emergency Form/Insurance Information, for all team members. These forms must be readily accessible at **all games and practices**.

All coaches **must** maintain a current First Aid and CPR certification and head coaches complete a Medical Symposium every 2 years. Documentation of this should be kept in the Athletic Office.

All coaches should be familiar with and understand the LCA Emergency Action Plan for practice and game venues they will be using.

Assistant coaches are required to accompany any LCA athlete to the emergency room, until the athlete is released or the coach is relieved by the parent/guardian or a qualified school district representative.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Gymnasium

Emergency Personnel:

Team Physician *	Game Managers
Certified Athletic Trainer	Coach(es)
Assistant to the ATC	Athletic Director
Police/Security *	Asst. Athletic Director *

* If present at athletic contest

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is located in the LCA Athletic Training room located in the corner of the gymnasium. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event and practice. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information: name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS at the emergency exits on the south side of the gymnasium.

Venue Directions: Turn into Main Drive of LCA. Continue past the four-way "STOP", driving adjacent to the school down the entire west side. Go through the last parking lot to the corner of the school (blue gymnasium). There is access to the emergency doors of the gymnasium around the south corner, behind the gymnasium. There will be an individual directing EMS from that point.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Football Game Field and Track and Field

Emergency Personnel:

Team Physician *	Game Managers
Certified Athletic Trainer	Coach(es)
Assistant to the ATC	Athletic Director
Police/Security *	Asst. Athletic Director *

* If present at athletic contest

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is located in the Press Box. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS at the North entrance to the stadium.

Venue Directions: Turn into Main Drive of LCA. Go past four-way "STOP". Continue along drive, and follow it around the corner to the right. Proceed past yellow gates, and take left towards the soccer field/guest entrance to football field. An individual will be waiting there at the entrance gate to direct EMS.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Football Practice Field

Emergency Personnel:

Team Physician *	Game Managers
Certified Athletic Trainer	Coach(es)
Assistant to the ATC	Athletic Director
Police/Security *	Asst. Athletic Director *

* If present at athletic contest

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is in the LCA Athletic Training room located in the corner of the gymnasium. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS at the side of the field, on the driveway.

Venue Directions: Turn into Main Drive of LCA. Take first LEFT at four-way "Stop". Continue around school – the field is located just around the corner, adjacent to the driveway. The football field will be located on your left.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Soccer Field – Front Field

Emergency Personnel:

Team Physician *	Game Managers
Certified Athletic Trainer	Coach(es)
Assistant to the ATC	Athletic Director
Police/Security *	Asst. Athletic Director *

* If present at athletic contest

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is located Main Office of the school. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS on the main driveway, at the edge of the field.

Venue Directions: Turn into Main Drive of LCA. Soccer Practice Fields are located right at main entrance. An individual will be waiting there to direct EMS.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Soccer Field – Turner Stadium Game Field

Emergency Personnel:	Team Physician *	Game Managers
	Certified Athletic Trainer	Coach(es)
	Assistant to the ATC	Athletic Director
	Police/Security *	Asst. Athletic Director *
	* If present at athletic contest	

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is located Main Office of the school. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - b. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS on the main driveway, at the edge of the field.

Venue Directions: Turn into Main Drive of LCA. Go past four-way “STOP”. Continue along drive, and follow it around the corner to the right. Proceed past yellow gates, and take left down driveway towards the soccer field. An individual will be waiting there at the entrance to direct EMS.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Baseball Game Field

Emergency Personnel:	Team Physician *	Game Managers
	Certified Athletic Trainer	Coach(es)
	Assistant to the ATC	Athletic Director
	Police/Security *	Asst. Athletic Director *
	* If present at athletic contest	

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is in the LCA Athletic Training room located in the corner of the gymnasium. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS at the parking lot, adjacent to the baseball field.

Venue Directions: Turn into Main Drive of LCA. Go past four-way "STOP". Continue along drive, and follow it around the corner to the right. Proceed into FIRST yellow gates, and take left towards the baseball stadium. An individual will be waiting there at the entrance gate to direct EMS.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Baseball Practice Field

Emergency Personnel:

Team Physician *	Game Managers
Certified Athletic Trainer	Coach(es)
Assistant to the ATC	Athletic Director
Police/Security *	Asst. Athletic Director *

* If present at athletic contest

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is in the LCA Athletic Training room located in the corner of the gymnasium. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS at the parking lot, adjacent to the baseball field.

Venue Directions: Turn into Main Drive of LCA. Go past four-way "STOP". Continue along drive, and follow it around the corner to the right. Proceed into FIRST yellow gates, and take left towards the baseball stadium. An individual will be waiting there at the entrance gate to direct EMS.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Softball Field

Emergency Personnel:

Team Physician *	Game Managers
Certified Athletic Trainer	Coach(es)
Assistant to the ATC	Athletic Director
Police/Security *	Asst. Athletic Director *

* If present at athletic contest

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is in the LCA Athletic Training room located in the corner of the gymnasium. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS on emergency gravel driveway, next to the softball field.

Venue Directions: Turn into Main Drive of LCA. Go past four-way "STOP". Continue along drive, and follow it around the corner to the right. Proceed into FIRST yellow gates, and take left towards the baseball stadium. An individual will be waiting there at the entrance gate to direct EMS.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: LCA High School Tennis Courts

Emergency Personnel:

Team Physician *	Game Managers
Certified Athletic Trainer	Coach(es)
Assistant to the ATC	Athletic Director
Police/Security *	Asst. Athletic Director *

* If present at athletic contest

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is in the LCA Athletic Training room located in the corner of the gymnasium. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag at each home athletic event. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. If ambulance is not present an individual within the emergency personnel and designated by the ATC will meet EMS on back driveway, adjacent to the tennis courts..

Venue Directions: Turn into Main Drive of LCA. Take a LEFT at four -way "STOP". Continue around school to the back, until tennis courts are in sight. Courts are adjacent to the driveway.



PROCEDURE FOR EMERGENCY CARE OF ATHLETE

Venue Name: Weight Room

Emergency Personnel:

Certified Athletic Trainer	Coach(es)
Assistant to the ATC	Athletic Director
Police/Security *	Asst. Athletic Director *
Strength and Conditioning Coach	
* If present at athletic contest	

Emergency Communications: The athletic training staff has cellular telephones. The closest landline phone (emergency phone) is located on the desk in the weight room. In the absence of the ATC, the strength and conditioning coach is responsible for calling EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: ATC will have a first aid athletic training bag in the training room. In addition, the ATC will have a vacuum splint kit, crutches, ice and tools for equipment removal either in the training room or with him/her outside at a practice field. EMS will provide a spine board, and other life support equipment.

Roles of the First Responder:

1. Immediate care of the injured or ill athlete(s)
2. Activation of EMS for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, and head/neck injury)
 - a. Call 911 and provide necessary information (name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If ambulance is on the scene, and individual chosen by the ATC will signal the EMT/Paramedics onto the field by crossing fists above head or through the use of a walkie-talkie.
3. Directions for EMS to Scene:
 - a. An individual within the emergency personnel and designated by the ATC will meet EMS at the basement doors on the south side of the school.

Venue Directions: Turn into Main Drive of LCA. Go past four-way "STOP". Continue along drive, and follow it around the corner to the right. Proceed into FIRST yellow gates, and take left towards the baseball stadium. An individual will be waiting there at the entrance gate to direct EMS.



LCA Eagles Athletic Facilities

<u>Athletic Venue</u>	<u>Meeting Point for EMS</u>
Basketball, Volleyball	Southside of Gymnasium – Double-Doors
Soccer Practice	Edge of Driveway at Main Entrance
Soccer Game	Entrance to Stadium – Down Walkway
Football Practice	Edge of Field, on Driveway
Football Game	Entrance to Stadium – Visitors Side
Track and Field	Entrance to Stadium – Visitors Side
Baseball Game	Flagpole; Along Driveway to Softball Field
Baseball Practice	Flagpole; Along Driveway to Softball Field
Softball Game/Practice	Flagpole; Along Driveway to Softball Field
Tennis Courts	Next to Tennis Courts, on Driveway
Weight Room	Flagpole; Along Driveway to Softball Field

Approved by _____
Athletic Director Date

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Athletic Trainer Date





LCA Lightning Safety Policy

A. Responsibility for Removing Athletes

The responsibility for removing athletes from the practice/game area lies with the head coach of the particular sport. If the head coach is not present, the assistant coach will assume responsibility. The staff athletic trainer will advise the head coach/assistant coach.

The staff athletic trainer will watch for lightning and listen for thunder, will be responsible for keeping track of the “flash/bang” count (see below), and will keep the head coach informed of the flash/bang count.

B. Flash/Bang Method

This method is used to estimate how far away a lightning flash is:

- Begin timing (in seconds) as soon as a lightning flash is seen; stop timing as soon as the thunder sound is heard after the lightning flash. This number is the “flash/bang” count.
- Divide the “flash/bang” count by five (5) and the resulting number is the distance, in miles, from the practice/game area to the lightning flash. (NCAA Guidelines).

C. Criteria for Evacuation of the Practice and Game Area

- All personnel are to evacuate to a safe structure or location if the “flash/bang” count is 30 seconds or less. If needed, the school will be opened up to house athletes, staff, parents, and fans. The entrance used will be the south doors that lead to the basement of the school. If entering the main building, cleats should be removed to prevent both injuries and damage to the facility. In the event that the school can not be opened, any vehicle with a hard metal roof and roll-up windows (not a convertible or golf cart) can provide a measure of safety. Do not touch the sides of the vehicle. **Baseball and softball dugouts do not meet the aforementioned criteria.**
- Visiting team athletes, coaches, and personnel shall proceed to either their team bus or the basement. **THE TEAMS ARE NOT TO INTERACT DURING THE GAME SUSPENSION.**
- If unable to reach safe shelter, persons should stay away from the tallest trees or objects (light poles, flag poles, etc.), metal objects (fences, bleachers, etc.), individual trees, standing pools of water and open fields. Persons should avoid being the highest object in a field. In situations where thunder and/or lightning may or may not be present, yet you feel your hair stand on end and skin tingle, lightning is imminent. Therefore, everyone should assume a crouched position on the ground with only the balls of the feet touching the ground. Persons should wrap their arms around their knees and lower their head. **DO NOT** lie flat. Minimize the body’s surface area and minimize contact with the ground.
- Use of a telephone and/or using shower and plumbing facilities should be avoided, except in emergency situations. A cellular and/or portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

D. Criteria for Safe Return to the Practice and Game Area

Personnel should not return to the practice/game area until thirty (30) minutes have passed since the last lightning flash or the last sound of thunder.

E. Lightning Safety Guidelines

Do not hesitate to help a victim of a lightning strike. Individuals struck by lightning do not carry a charge and it is safe to touch them to render medical treatment. If possible, an injured person should be moved to a safer location before beginning first aid. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes, the existence of a blue sky and the absence of rain do not eliminate the possibility of lightning. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder no matter how far away.

F. Severe Weather Policy from KHSAA Handbook

The Referee or head official must delay or cancel a competition at the first sound of lightning or thunder at the site and the site should be cleared of all persons immediately by event administration. If it is anticipated that the storm will pass, the competition may be resumed following a three (3) minute warm-up period, no sooner than thirty (30) minutes after the last sight of lightning or the last sound of thunder.

If the severe weather is of great length or intensity, the Referee or lead contest official has the responsibility and authority to cancel the competition. Officials are encouraged to learn the weather forecast prior to game time. Safety of the public and participants is the most important factor in any decision of this type (KHSAA Policies and Procedures).

G. Examples of Safety Shelters for Sports

- Baseball: Lower Level of School
- Softball: Lower Level of School
- Football: Lower Level of School
- Soccer: Lower Level of School
- Tennis: Auxiliary Gymnasium
- Track/Field: Lower Level of School

References:

NCAA Guidelines 1D: Lightning Safety. NCAA Sports Medicine Handbook. (1999).

Policies and Procedures: Special Contest Notes and Rules. KHSAA Handbook (2005-2006).

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