

# Athletic Training Laboratory

## University of Nebraska at Kearney

### Emergency Action Plan:

Unfortunately, emergency situations arise during competitions. The UNK Athletic Training Staff has developed comprehensive Emergency Action Plans (EAP) that are to be followed in the event of an emergency. EAP's have been developed for the UNK ATEP at the Athletic Training Laboratory. All EAP's will be reviewed by the entire ATEP Athletic Training Staff on a yearly basis. Copies of the EAP's for the UNK ATEP Athletic Training Laboratory will be posted in a designated area and the Certified Athletic Trainers in charge of this Athletic Training Laboratory will have a copy of this EAP.

### Emergency Action Plan (EAP) – Location of Posted EAP:

A copy of the Emergency Action Plan will be kept and maintained in the UNK ATEP Athletic Training Laboratory by ATEP Faculty and Staff. Each member of the ATEP Faculty and Staff (Certified Athletic Trainers) will have a copy of the EAP.

### Emergency Action Plan (EAP) – Duties of Involved Personnel:

#### Primary Personnel

##### 1.) Certified Athletic Trainers

###### Functions and Roles

- Develop, Write and Revise the EAP's
- Train all individuals involved with the EAP
- Practice carrying out EAP's
- Review EAP at intervals and revise the EAP as necessary

##### 2.) Supervising Physicians

Should the need arise for an intramural athlete to be seen by a physician, they will either be referred to student health or referred to a physician who is not a part of UNK ATEP program. This will either take place the day of the accident or the following day, depending on severity/need and availability of physician.

###### Functions and Roles

- Assist with the development of the EAP
- Provide direction and answer questions
- Communicate with consultants and specialists
- Point person

##### 3.) EMS/Fire/Police

###### Functions and Roles

- Assists with carrying out EAP
- Equipment: back board, ALS, Ambulance, etc.
- Team work: ex - equipment given to police at hospital – legal evidence

##### 4.) Emergency Room Staff

###### Function and Roles

- Notified of plan
- Notified of who will be involved with decisions
- Notified of role of ATC's and Attending Physicians

##### 5.) Specialists

Should the need arise for an intramural athlete to be seen by a specialist, they will be referred to UNK Student Health Services (during hours) to then be referred to a further specialist if needed. If after hours, the athlete will be referred to the Emergency Room if needed.

- Dental
- Trauma Surgeon
- Neuropsychology
- Neurology
- Ophthalmology
- Oral Surgery
- Plastic Surgery
- Infectious Disease
- Cardiology

#### Secondary Personnel

1.) Coaches/Administrators/Intramural Director

Function and Roles

- Notify appropriate administrative personnel
- Maintain American Red Cross First Aid and CPR Certification
- Notifies appropriate agencies (insurance, risk managers, legal counsel, etc.)
- Approves expenditures

2.) Facilities Management

Function and Roles

- Coordinate EAP within facilities
- Address facility concerns and crowd flow

3.) Legal Counsel

Function and Roles

- Advise
- Prepare necessary documentation

4.) Sports Psychologist/General Psychologist

Function and Roles

- Helps athletic trainers, students, intramural administrators, etc. deal with incident

#### Equipment Available

- AED's
- Phones (land lines and cell phones)
- Supplemental Oxygen

## Emergency Action Plan (EAP) ATEP Athletic Training Laboratory

The following is the Emergency Action Plan for the UNK ATEP Athletic Training Laboratory located adjacent to the Cushing Fieldhouse:

- In the event of an emergency (such as **Cardiac Arrest**), the most qualified person in the immediate area will be charged with handling the situation until more qualified personnel arrive.
- If there is a more qualified person close-by to take charge of the situation, send non-essential personnel to summon them.
- The minimum level of training of a person giving care will be the certification of American Red Cross First Aid and CPR.
- The first objective for the person in charge of the situation is to assess for any life threatening conditions. This includes checking for the following:
  - Airway
  - Breathing
  - Circulation
  - Major Bleeding
- If a life threatening condition exists, the person in charge of the situation will delegate someone to 911 from the closest phone available (land line or cell phone). If calling from a land line phone on campus, you must dial **9** then the number (9-911).
- When calling 911, be ready to provide the following information:
  - My name is \_\_\_\_\_. I need paramedics at the UNK Cushing Fieldhouse located on the UNK Campus at 1410 W 26th St. There is an athlete who, (specify injury/condition). I am calling you from the following phone and it's number (give the operator the number listed on the phone). A designated person (give them their name) will meet the ambulance at the front entrance of the Cushing Fieldhouse and then guide them to the injured athlete.
- Wait until the operator hangs up first before you hang up
- Until the EMT's/Paramedics arrive on the scene, continue the following things:
  - CPR/Rescue Breathing and/or maintaining ABC's
  - Keep control of the situation
  - Send someone to meet the EMT's/Paramedics
- When EMT's/Paramedics arrive, be sure to be ready to give them any pertinent information about the situation. Examples of this information would be the following:
  - Heart Rate
  - Blood Pressure
  - Respiration Rate
  - What happened
  - Allergies
  - Other medical conditions
- If there is not a life threatening condition, the next step is to check for any non-life threatening conditions that may require medical transportation/assistance. Examples would be the following:

- Open Fracture
- Suspected Cervical Spine injury
- Closed or open head injury with complications
- Dislocation (ankle, elbow, shoulder, hip)

- Remember, call campus security for advance care for any of the above situations/conditions or anything that you are unsure of and/or that is beyond your capabilities.

## **DIABETES MELLITUS**

The following guidelines are adapted from the NATA position statement on sudden death in sports-Journal of Athletic Training 2012:47(1):96-118

1. All athletes who have been diagnosed with diabetes will have a personalized care plan which includes monitoring of blood glucose levels, insulin guidelines, treatment guidelines for hypo- and hyperglycemia, as well as emergency contact information.
2. Any diabetic athlete who displays signs/symptoms of hypoglycemia (tachycardia, sweating, palpitations, hunger, nervousness, headache, trembling, or dizziness) will be evaluated and treated accordingly. Athletes found to be suffering from mild hypoglycemia (athlete is conscious and able to swallow) will be given 10-15 grams of carbohydrates and have blood glucose levels rechecked. EMS will be activated for those suffering from severe hypoglycemia (unconscious).
3. Any diabetic athlete who displays signs/symptoms of hyperglycemia without ketosis (nausea, dehydration, reduced cognitive performance, sluggishness, fatigue) will be evaluated and treated accordingly. An athlete who has a fasting blood glucose level of 300mg/dL without ketones can continue to exercise with frequent reassessment of blood glucose levels.
4. A diabetic athlete who displays signs/symptoms of hyperglycemia with ketoacidosis (Kussmaul breathing- abnormally deep and rapid breathing, breath that has a fruity odor, unusual fatigue, sleepiness, loss of appetite, increased thirst and frequent urination, as well as previously listed symptoms) will be evaluated and treated accordingly. An athlete who has a fasting blood glucose of 250 mg/dL or higher will test his/her urine for ketones. If ketones are present, the athlete should suspend all physical activity and have frequent blood glucose monitoring.
5. Any diabetic athletes who are pulled out of activity should demonstrate a normal blood glucose level before being permitted to return to play

### **Emergency Action Plan (EAP) Hazardous/Infectious Material Spill**

- In cases of imminent danger, health, property or environment:
  - Isolate the area of the spill by shutting doors or uses of other means
  - For indoor release/spills leave the area and pull the fire alarm to initiate a building evacuation.
  - For outdoor release/spills if possible to do so safely (without risk of overexposure) take action to stop the release and prevent or minimize release.
  - Render appropriate first aid
    - If hazardous materials came in contact with eyes or skin, immediately flush the affected area with large amounts of water

- If infectious materials (blood, body fluid, anthrax, etc.) come in contact with your skin, immediately wash the affected area with soap and water.
- If the spill has contaminated individuals or is a danger to people, have someone dial 911 as soon as possible
- Details of the Exposure Control Plan (ECP) of the Athletic Training Lab is available in the appendix. In addition, the ECP of the Student Health is also available through the Student Health, and its copy is also stored in the graduate assistant office.

### **Emergency Action Plan (EAP) Fire in Building**

The following Emergency Action Plan is to be followed in the event of a fire in the UNK ATEP Athletic Training laboratory, or within the building as a whole.

- At the sound of the emergency alarm, it is the responsibility of all building occupants to evacuate immediately and proceed to predetermined assembly points, away from the building
- Building occupants are also responsible for ensuring that their visitors/customers follow the evacuation procedure described, and leave the building along with all other occupants.
- Faculty will be responsible for dismissing their students and directing them to leave the building by the nearest exit upon hearing the alarm or being notified of an emergency.
- Designated essential personnel needed to continue or shut down critical operations while an evacuation is underway are responsible for recognizing and/or determining when to abandon the operation and evacuate themselves.
- Contract workers will be made familiar with the procedure outlined and are expected to leave the building when the alarm sounds.

#### Evacuation Instructions

- When you hear the building alarm or are informed of a general building emergency:
  - Do not panic or ignore the alarm
  - Leave the building immediately, in an orderly fashion
  - Dismiss classes in session and direct students to leave the building immediately, in an orderly fashion and go to the buildings evacuation site.
  - Follow the quickest evacuation route from where you are
  - Do not go back to your office or classroom area for any reason

### **Emergency Action Plan (EAP) Severe Weather - Tornado**

- Tornado Watch
  - A watch means tornados could develop
  - If a tornado watch is in effect, Police & Parking Services will issue a campus wide email

- Listen to local radio and television stations or weather alert for updates
- During non-business hours, the Police Officer on duty will activate the Emergency Notification System and send an alert to the after-hours weather group. They will proceed to as many buildings and classrooms as possible to make notifications.
- Tornado Warning
  - A warning means a tornado has been sighted in the general area. If the warning sirens sound, immediately proceed to the designated shelter area.
  - If time does not permit, get into the safest area of your building, classroom or office
  - Avoid windows, auditoriums, gymnasiums or other structures with free-span roofs, boiler room areas or electrical switchgear areas.
  - Shelter may be taken underneath your desk or any heavy furniture available.
- Helping Individuals with Physical Disabilities
  - Building personnel and Staff are responsible for identifying and escorting to safety all individuals who have disabilities or are otherwise physically unable to evacuate to their shelter.
  - The elevators may be used to transport individuals with physical disabilities to tornado shelters, along with their escorts. Visually impaired and hearing-impaired individuals may be escorted down the stairs to tornado shelters.
  - In the event of a power failure, individuals who are unable to use the stairs should move to an interior location without windows and call Police & Parking Services at (308) 627-4811 or 911. Police & Parking Services will notify the appropriate emergency personnel with the location.
- Designated Shelter Locations
  - Athletic Training Education Program Faculty and Staff offices located on the main floor of the Cushing building (previously known as the Exercise Science Laboratory space and Exercise Science Faculty/Staff offices)
  - Athletic Training Facility located in the lower level of the Health and Sports Center building.

