

**LEXINGTON PUBLIC SCHOOLS**

**EMERGENCY ACTION  
PLAN**

**FOR**

**LEXINGTON HIGH SCHOOL  
SPORTS MEDICINE**

**UPDATED JULY 2016**

## **I. Introduction**

The purpose of this plan is to prepare the athletic training staff and students, along with athletic personnel such as coaches in responding to and providing care in emergency situations. Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the student athlete in the event of an emergency and/or life threatening condition. A serious injury is any condition whereby the student-athletes life may be in danger or risks of 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. The development and implementation of an emergency action plan will help ensure the best care will be provided. The EAP will be rehearsed on an annual basis with each team's coaching staff's before their sports season begins with the Athletic Training Staff.

These emergency procedures are applicable at the following locations at Lexington High School; Ray Ehler's Stadium(football field), Football/Soccer Practice Field, Tennis Courts, West Gym, East Gym, Wrestling Room, Softball Complex, Soccer Complex, Golf Course, Weight Room and Training Room.

## **II. Components of the Emergency Plan**

These are the basic components of this plan: Emergency Personnel, Emergency Communication, Emergency Equipment, Role of the First Responder, Emergency Transportation, Venue Directions with Map, Non-Medical Emergency, and Notification of Specific Individuals.

- A. **Emergency Personnel:** A NATA Certified and Nebraska Licensed Athletic Trainer is accessible from the athletic training room (located in the High School) and many times is on site for official and supervised practices and competitions. Team physicians are on site for football contests and the remainder of the time are on call. EMS is available by calling 911. The Athletic Training staff is certified by the American Red Cross in Emergency Response (CPR & AED) on a bi-yearly basis.

**Lexington High School Athletic Training Staff:** must be aware of any emergency that has occurred within the athletic department and its members.

### **Athletic Training Full-Time Staff**

Adam Bretschneider, ATC

### **Athletic Training Part-Time Staff**

Amber Burson, MS, ATC

- B. **Emergency Communication:** To reach the Athletic Training Room for help from an Athletic Trainer, dial 2413 from within the school or call the High School Office at 308-324-4691 and ask for the Athletic Training Room. You may also call their cell phones: Adam: 402-382-8079 or Amber: 308-631-2925. Activate the EMS System by dialing 9-911 (9 first to get an outside

line, and then the number) if calling from a school phone or 911 if calling from a cell phone. The main athletic training room phone is located on the north wall next to the east door.

C. When providing information for EMS:

- \*Name and title of caller
- \*Location of emergency
- \*Nature of emergency, whether medical or non-medical
- \*Condition of Student-Athlete
- \*First Aid treatment initiated by first responder
- \*Specific directions as needed to respond to the emergency scene (“come to the practice football field north of the high school”)
- \*Other information as requested by dispatcher

**EMERGENCY PHONE NUMBERS**

**EMS:** 911

**Athletic Trainer:** 2413(within school) or Adam(cell): 402-382-8079 or Amber(cell): 308-631-2925

**Lexington Regional Health Center:** 308-324-5651

**Plum Creek Medical Group:** 308-324-6386

D. **Emergency Action Procedure:** Each team must have a determined emergency action protocol

1. 1 Coach/Athletic Trainer assesses the situation and determines a need for the EMS to be activated and stays with the injured athlete
2. 1 Coach should bring a cell phone to practice at all times and is responsible for placing the 911 call
3. 1 Coach is in charge of crowd/team control – Remove team or crowd from the situation
4. 1 Coach/Athlete waits at the door/field entry to help direct the EMS

E. **Emergency Equipment:** Emergency equipment such as the AED (in the hallway outside the training room) and crutches are located in the athletic training room in the High School. An annual check of the equipment is performed each fall before the school year begins to ensure the equipment is working properly. The following equipment is available at each venue:

**RAY EHLER’S STADIUM:** EMT’s are present with all emergency equipment for all home football games, 7<sup>th</sup> – 12<sup>th</sup> grade. A Polar Life Pod is available on the sideline for heat exertional illness for all 9<sup>th</sup> – 12<sup>th</sup> grade games.

**FOOTBALL/SOCCER PRACTICE FIELDS** – An AED is available in the Industrial Arts classroom and can be accessed through door E23.

**WEST GYM/EAST GYM/WRESTLING ROOM/WEIGHT ROOM/ATHLETIC TRAINING ROOM** – An AED is available in the

hallway directly outside the Athletic Training room. Another AED and an Epi-Pen with a nebulizer can be found in the Athletic Training Room under the first taping table by the double doors.

**LEXINGTON OPTIMIST RECREATION COMPLEX** – During the softball season only, an AED can be located upstairs in the crow’s nest facing the baseball field on the west side of the building directly in front of the stairs.

**LEXINGTON SOCCER COMPLEX** – During the soccer season only, an AED can be located on top of the med kit, which is located in the garage area.

#### **TENNIS COURTS**

**Plum Creek Park:** An AED is available outside the Athletic Training room in the hallway.

**Memorial Park:** No equipment is available.

#### **LAKESIDE COUNTRY CLUB**

An AED is not available at Lakeside Country Club. Call 911 if an emergency occurs, and give your location.

#### **D. Role of the First Responder:**

- \*Check ABCs, for severe bleeding, and level of consciousness
- \* Activate EMS if necessary & summons the Head Athletic Trainer if not Present at the time of the emergency
- \*Begin CPR if needed or necessary, and continue until EMS arrives
- \*Maintain cervical stability if cervical injury is suspected
- \*Calm and reassure the student-athlete if necessary

**F. Emergency Transportation:** EMS should be contacted for transportation of any emergency or life threatening conditions. Athletic Trainers and coaches should not transport unstable injuries. EMS will transport all injuries to Lexington Regional Health Center in Lexington, Nebraska.

#### **G. Venue Directions:** (see map)

#### **RAY EHLER’S STADIUM**

EMS will access the stadium through the northwest gate

#### **FOOTBALL/SOCCER PRACTICE FIELDS**

EMS will access these fields on the north side of the high school, 15<sup>th</sup> St., possibly using the Plum Creek Care Center driveway that allows access to the field

#### **WEST GYM**

EMS will access the west gym through door number E1, on the west side of the school

#### **EAST GYM**

EMS will access the east gym through door number E5, on the south side of the school.

### **TENNIS COURTS**

**Plum Creek Park:** EMS will access the tennis courts on 13<sup>th</sup> St., directly across from Ray Ehler's Stadium

**Memorial Park:** EMS will access the tennis courts on 10<sup>th</sup> and Monroe, next to the swimming pool

### **LEXINGTON OPTIMIST RECREATION COMPLEX**

EMS will access the softball complex through the southeast gate, which will allow EMS access to all 4 fields from the center of the complex

### **LEXINGTON SOCCER COMPLEX**

EMS will access the soccer field through the west entrance off of north Airport Rd (Rd 432)

### **WRESTLING ROOM**

EMS will access the wrestling room from door number E5 on the front side of the building

### **WEIGHT ROOM**

EMS will access the weight room from either door number E1 on the west side of the building

### **TRAINING ROOM**

EMS will access the training room from door number E5 on the front side of the building

### **LAKESIDE COUNTRY CLUB**

Lakeside CC is located approximately 11 miles south of Lexington on Hwy 283. Address: 74839 Highway 283; Elwood, NE 68937

## **H. Preventing Sudden Death – Exertional Heat Stroke**

1. Preventing exertional heat stroke is the number one goal of the Lexington High School Athletic Department. When practicing in extreme heat conditions, coaches will provide extra water/rest breaks and will make every effort to remove athletes from the sun/heat whenever possible.
2. During all football practices in the high heat months, a cold immersion tub will be available onsite at all times.
3. In the event that an athlete has a suspected exertional heat stroke, the following procedure will be followed:
  - a. All extra athletic gear (undergarments must remain on) will be removed from the athlete as quickly as possible and the athlete will be immersed in cold water.
  - b. Athletes will not be removed from the cold-water immersion to be transported to a healthcare facility until their core body temperature is less than 102 degrees fahrenheit. This measurement

will be taken rectally by an Athletic Trainer or an EMT responding to the emergency.

## **I. Non-Medical Emergency**

### **LIGHTNING**

1. To provide safety for the Lexington High School student-athlete and sports staff, the National Athletic Trainers' Association Position Statement: Lightning Safety for Athletics and Recreation will be followed. Practice/Competition will be suspended at the first sight of lightening and/or the first sound of thunder. Practice/competition will remain suspended and the all-clear signal will not be given until 30 minutes after the last strike of lightening is seen and after the last sound of thunder is heard. This 30-minute clock restarts for each lightning flashes within 5 nautical miles (nmi) and each time thunder is heard. Teams will be required to follow the inclement weather evacuation plan during the suspension of practice/competition. All athletes must remain indoors during the suspension time. Spectators must be notified by the administration supervising the competition when situations occur during athletic competitions.
  - a. During athletic practices, the head coach of each program is responsible for making decisions on suspension of outdoor practices and evacuation to a safe facility.
  - b. During competitions, the Athletic Director and an Athletic Trainer will monitor the weather conditions together and determine the suspension/resumption of play.
  - c. Weather will be monitored using the National Oceanic and Atmospheric Administration (NOAA) and the National Weather Service.

### **INCLEMENT WEATHER EVACUATION PLAN**

1. Non-immediate Evacuation – Evacuation from the facility is necessary but it is determined that teams/coaches have time to get to their choice of shelter in less than 5 minutes. (ex. Lightening)
  - a. **RAY EHLER'S STADIUM** – Teams/Coaches evacuate to their designated locker rooms in the High School.
  - b. **FOOTBALL/SOCCER PRACTICE FIELDS** – Teams/Coaches evacuate to their designated locker rooms in the high school.
  - c. **LEXINGTON OPTIMIST RECREATION COMPLEX** – Teams/Coaches (opposing teams included) evacuate to the hitting complex.
  - d. **SOCCER GAME FIELDS** – Teams/Coaches (opposing teams included) evacuate to the concession/bathroom building.
  - e. **LAKESIDE COUNTRY CLUB** – Golfers/Coaches evacuate to the club house.
  - f. **TENNIS COURTS**  
**Plum Creek Park** – Athletes/Coaches (opposing teams included)

evacuate to the high school.

**Memorial Park** – Athletes/Coaches (opposing teams included) evacuate to the storage shed.

2. Immediate Evacuation – Evacuation from the facility must be done immediately. (ex. Tornado)

- a. **RAY EHLER’S STADIUM** – Teams/Coaches (opposing teams included) evacuate under the stadium.
- b. **FOOTBALL/SOCCER PRACTICE FIELDS** – Teams/Coaches evacuate to the Ag building.
- c. **LEXINGTON OPTIMIST RECREATION COMPLEX** – Teams/Coaches (opposing teams included) evacuate to the hitting complex.
- d. **SOCCER GAME FIELDS** – Teams/Coaches (opposing teams included) evacuate to the concession/bathroom building.
- e. **LAKESIDE COUNTRY CLUB** – Golfers/Coaches evacuate to the clubhouse.
- f. **TENNIS COURTS**  
**Plum Creek Park** – Athletes/Coaches (opposing teams included) evacuate to the high school.  
**Memorial Park** – Athletes/Coaches (opposing teams included) evacuate to the storage shed.

**G. Notification of Specific Individuals when an Emergency Occurs**

\***Athletic Trainer:** Notified by the Head Coach

\***Parents/Guardians:** Notified by either the Coach, Athletic Trainer or Activities Director

\***Activities Director:** Notified by an Athletic Trainer

\***Superintendent of Schools:** Notified by the Activities Director