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.

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
Head Athletic Trainer: Amber M. Burson, MS, ATC
Assistant Athletic Trainer: Marni Baker, ATC

B. Emergency Communication: To reach the Athletic Training Room for help from the 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 the Athletic Training cell phone at 308-746-2076. 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.
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 308-746-2076(cell)
Lexington Regional Health Center: 308-324-5651
Plum Creek Medical Group: 308-324-6386

C. **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
   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

D. **Emergency Equipment:** Emergency equipment such as the AED (near the double doors on the west wall) 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.

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

E. **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.

F. **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, 15th 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 12, on the west side of the school

EAST GYM
EMS will access the east gym through door number 1 or 2, the front doors of the high school

TENNIS COURTS
Plum Creek Park: EMS will access the tennis courts on 13th St., directly across from Ray Ehler’s Stadium
Memorial Park: EMS will access the tennis courts on 10th 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 17 on the front side of the building

WEIGHT ROOM
EMS will access the weight room from either door number 12 or 14 on the west side of the building

TRAINING ROOM
EMS will access the training room from door number 17 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

G. Non-Medical Emergency
LIGHTNING
1. To provide safety for the Lexington High School student-athlete and sports staff, the “Flash to Bang” measurement of lightning distance will be used. This is the time from “seeing” the flash to “hearing” the thunder. For each 5 second count, lightning is one mile away. Example: 25 seconds = 5 miles away; 15 seconds = 3 miles away

2. This will be monitored by the Head &/or Assistant Athletic Trainer and if the Head &/or Assistant Athletic Trainer is not present, it will be monitored by the coaches using the “Flash to Bang” measurement. As a minimum, the NCAA and the National Severe Storms Laboratory (NSSL), strongly recommend that all individuals have left the athletic sites and reach a safe location by the flash-to-bang count of 30 seconds (6 miles). However, lightning can strike as far as 10 miles and it does not have to rain for lightning to strike. When the storm is approximately 6 miles away, all personnel should clear from video towers and athletes/staff should clear the field and find protective cover.

3. Once the storm has passed, athletes/staff may return to the field once the lightning is more than 6 miles away or it has been 30 minutes from last sight of lightning.

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 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.

G. **Notification of Specific Individuals when an Emergency Occurs**
   - **Athletic Trainer**: Notified by the Head Coach
   - **Parents/Guardians**: Notified by either the Coach, Head Athletic Trainer or Activities Director
   - **Activities Director**: Notified by the Head Athletic Trainer
   - **Superintendent of Schools**: Notified by the Activities Director