

Kearney Catholic High School

Emergency Action Plan

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 Kearney Catholic High School; Old Gym, Multi-Purpose Room, New Gym, Wrestling Room, Weight Room, Athletic Training Room, Practice Football Field, and Miles Football Field.

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, 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 New Gym of the High School) and many times is on site for official and supervised practices and competitions. 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.

Kearney Catholic 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: Derek Horsley (308) 440-3749

Kearney Catholic High School Administration

Athletic Director: Rick Petri (308)-440-3104

Principle: Matt Rogers (308)-627-4035

Superintendent: Terri Torson (308)-293-1323

B. Emergency Communication: You may call the Athletic Training cell phone at 308-440-3749. 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: (308)-440-3749

Good Samaritan: (308)-865-7997

Family Physical Therapy: (308)-236-5884

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 AEDs (One is located in the west entrance near the office and another is located in the new east entrance on the right) 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.

E. 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 Good Samaritan Hospital in Kearney Nebraska.

G. Venue Directions:

1. Emergency Action Plan—Old West Gym:

Call 911

Describe the nature of the injury

Provide Location-Kearney Catholic High School West Gym

- a. Use specific directions—Direct EMS to drive up to the old west entrance off of 35th Street. Enter through the doors and immediately move to the left into the gym.
 - b. Send an individual out to 35th Street to direct EMS.
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2. Emergency Action Plan—Multi-Purpose Room:

Call 911

Describe the nature of the injury

Provide Location-Kearney Catholic High School West Gym

- a. Use specific directions—Direct EMS to drive up to the old west entrance of 35th Street. Enter through the doors and move north down the hallway and take a left down the second hallway. The room is to the right and is marked.
 - b. Send an individual out to 35th Street to direct EMS.
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3. Emergency Action Plan—New East Gym:

Call 911

Describe the nature of the injury

Provide Location-Kearney Catholic High School East Gym

- a. Use specific directions—Direct EMS to drive to the new east entrance located on 35th Street. Enter the south doors and move straight through the lobby into the gym.
 - b. Send an individual out to 35th Street to direct EMS.
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4. Emergency Action Plan—Wrestling Room:

Call 911

Describe the nature of the injury

Provide Location-Kearney Catholic High School Wrestling Room

- a. Use specific directions—Direct EMS to drive to the new east entrance located on 35th Street. Enter the south doors and move through the lobby into the gym. The wrestling room is located upstairs on the south side of the gym. The door is marked on the southwest wall of the gym.
 - b. Send an individual out to 35th Street to direct EMS.
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5. Emergency Action Plan—Weight Room:

Call 911

Describe the nature of the injury

Provide Location-Kearney Catholic High School Weight Room

- a. Use specific directions—Direct EMS to drive to the new east entrance located on 35th Street. Enter the south doors and move through the lobby into the gym and move to the northwest corner stairwell. The weight room is upstairs on the north side of the gym.
 - b. Send an individual to 35th Street to direct EMS.
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6. Emergency Action Plan—Athletic Training Room:

Call 911

Describe the nature of the injury

Provide Location-Kearney Catholic High School Athletic Training Room

- a. Use specific directions—Direct EMS to drive to the new east entrance located on 35th Street. Enter the south doors and move through the lobby and gym to the north wall. The Athletic Training room is marked on the north wall.
 - b. Send an individual to 35th Street to direct EMS.
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7. Emergency Action Plan—Practice Field:

Call 911

Describe the nature of the injury

Provide Location-Kearney Catholic High School Practice Field

- a. Use specific directions—Direct EMS to the parking lot south of St. James Catholic Church off of Central Avenue. Direct them to emergency on practice field north of the high school.
 - b. Send an individual to meet EMS on Central Avenue or to the church parking lot.
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8. Emergency Action Plan—Miles Field:

Call 911

Describe the nature of the injury

Provide Location-Kearney Catholic High School Miles Football Field

- a. Use specific directions—Direct EMS to the south parking lot of St. James Catholic Church off of Central Avenue. Approach the football field from the west and enter the west gates.
- b. Send an individual to meet and direct EMS in the parking lot off Central Avenue.

H. Non-Medical Emergency

LIGHTNING

1. To provide safety for the Kearney Catholic High School student-athlete and sports staff, the “Flash to Bang” measurement of lightning distance should 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 Athletic Trainer and if the 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. Enter the main high school on the north side if outside.

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.

I. Heat Illness

RECOGNITION

1. **Heat Cramps:** Common condition associated with excess heat. Can affect large muscle groups. Increased by dehydration and excess core temperature.

2. **Heat Exhaustion:** Heat exhaustion is more serious than heat cramps. It occurs when the body's internal temperature regulating system is overworked, but has not completely shut down. In heat exhaustion, the surface blood vessels and capillaries, which originally enlarged to cool the blood, collapse from loss of body fluids and necessary minerals. This happens when you do not drink enough fluids to replace what you are sweating away. Symptoms include, elevated body temperature (<104 degrees F) headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judgment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, cool moist skin, weak and rapid pulse (120-200), and low to normal blood pressure.

3. **Heat Stroke:** Heat stroke is a life threatening illness with a high death rate. It occurs when the body has depleted its supply of water and salt, and the victim's core body temperature rises to deadly levels. A heat stroke victim may first suffer heat cramps and/or heat exhaustion before progressing into the heat stroke stage, but this is not always the case. It should be noted that, on the job, heat stroke is sometimes mistaken for a heart attack. It is therefore very important to be able to recognize the signs and symptoms of heat stroke - and to check for them anytime an employee collapses while working in a hot environment. Symptom include, high body temperature (>104 degrees F); a distinct absence of sweating (usually); hot red or flushed dry skin; rapid pulse; difficulty breathing; constricted pupils; any/all the signs or symptoms of heat exhaustion such as dizziness, headache, nausea, vomiting, or confusion, and possibly more severe systems including; bizarre behavior; and high blood pressure. Advance symptoms may be seizure or convulsions, collapse, loss of consciousness, and a body temperature of over 108 degrees F. **EMERGENCY!!! IF MEDICAL ASSISTANCE IS NOT RECEIVED, THE ATHLETE MAY DIE.**

PREVENTION

1. Time of Day/Environmental Conditions: Heat illnesses usually occur in the summer during the afternoon hours. To determine the risk for heat illness use wet bulb globe temperature readings. Practices need to be modified or cancelled based on these temperature readings. Multiple water and rest breaks should be implemented as well as shortened practice times. Common sense should be utilized when environmental conditions are extreme.
2. Hydration: Again, multiple rest/water breaks should be implemented during practice. Hydration status is an excellent way to prevent heat illness. Urine charts are a great way to assess hydration status. These can be placed in the locker rooms. Athletes should monitor urine color and hydration status. Body mass should also be monitored with weight loss charts. This can be used to determine how much water should be consumed following practice.
3. Acclimatization: Athletes should be allowed to acclimatize to the environmental conditions. Initial practices should be light and progress in difficulty. Equipment should not be restricting as they retain heat.
4. Fitness level: Low fitness levels give individuals a higher chance for heat illness. Low fitness levels are characterized by high body fat % or a high BMI.
5. Pre-season physical fitness exam: A great way to screen for health history and to assess body fitness level.

TREATMENT

1. Cold Immersion: In the event of Heat Stroke, the goal is to decrease the core temperature rapidly. The use of a cold immersion tank, ice bags, or pouring cold water over the individual are all acceptable methods. A cold dunk tank should be near places of practice for immediate response.
2. Shade: In the event of heat cramps or heat exhaustion the goal is to cool the body temperature. Moving the individual to a shaded area or air conditioning is appropriate. Multiple breaks in the shade is a great way to prevent heat illness.
3. EMS: Follow the venue directions for the appropriate place of injury. If heat stroke is being experienced EMS should be contacted.

J. EMS Plan Rehearsal

Emergency action plans should be practiced and reviewed at least once per year before the school year begins. The plan should be discussed and modified if needed based on previous year. This will ensure everyone knows what to do in the event of an emergency. The Head Trainer or Athletic Director should be in charge of scheduling this meeting.

