

Speedway High School



Emergency Action Plan For Athletics

Prepared by: Chris Compton, MS, ATC, LAT

Emergency Action Plan

Outdoor Fields/ Home Events & Practices

Emergency Personnel:

- **Certified Athletic Trainer** – *Chris Compton, MS, ATC, LAT*
 - **Cell:** 812-264-2859
- **Athletic Director** – *Brian Avery*
 - **Cell:** 317-513-3581
- **Assistant Athletic Director** – *Shane Grove*
 - **Cell:** 317-797-7032
- **Head Coach of the team involved in the competition**
- **Team Physician** – *Dr. Kimbre Zahn, MD* (Will be present for all home & away football games, and once a week for injury checks)

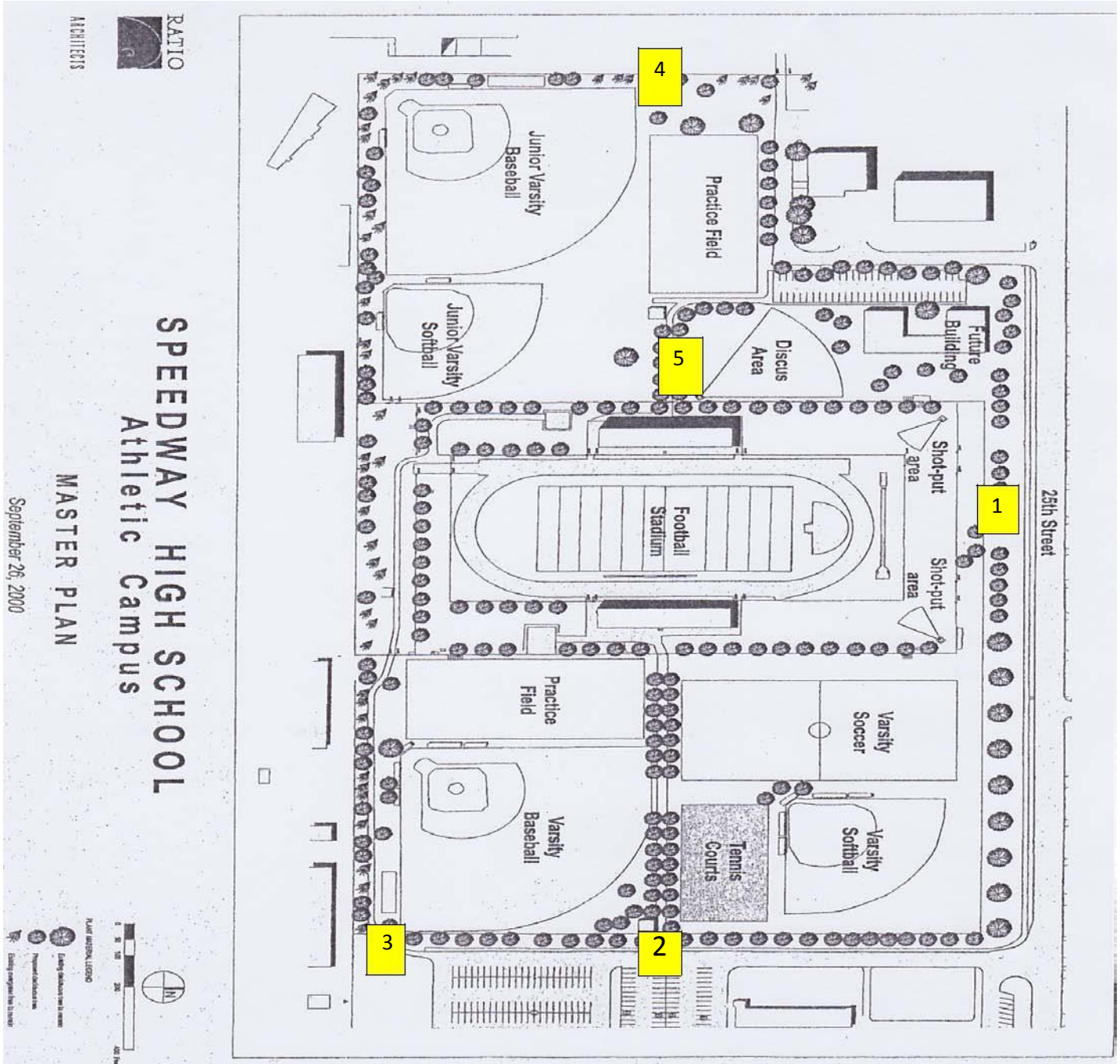
Emergency Communication: A cell phone should be on location for each practice/competition in the possession of the athletic trainer or team coach. 2-way radios are also available.

Emergency Equipment: During competitions, supplies are located on the field (athletic training kit, splint kit, crutches, AED), additional emergency equipment supplies are accessible from the athletic training room located near the gymnasium. An AED will be with the athletic trainer at all events, and additional AEDs are mounted on the walls across the main office and past the double doors near the auxiliary gym.

Roles of First Responders:

1. Immediate care/First aid of injured or ill student-athlete
2. Emergency equipment retrieval
3. Call **9-1-1** (provide name, address, telephone number; number of individuals injured; condition of injured; age and sex of injured; first aid treatment; specific directions; other information requested)
4. Direction of EMS to scene by member of emergency personnel
 - a. Open appropriate gates (all campus gates are accessible with the use of a master HL key, which is held by all school administrators, athletic directors, coaches, and athletic trainer)
 - b. Designate individual to “flag down” EMS and direct to scene
 - c. Scene control: limit scene to first aid providers and move any bystanders away from area.

Venue Directions – Outdoor Fields: All outdoor practice & game fields are located on the west side of campus at **5357 W 25th St. Speedway, IN 46224**. The map below is a current layout of all the outdoor facilities. Noted in highlighted numbers are the access points made accessible for emergency personnel. Access points **1, 2, & 3** are all wide enough for emergency vehicles (ambulance, police, fire truck). Access points **4 & 5** are wide enough for Kubota RTV and EMS stretcher if needed.



Emergency Action Plan

Indoor Facilities / Home Events & Practices

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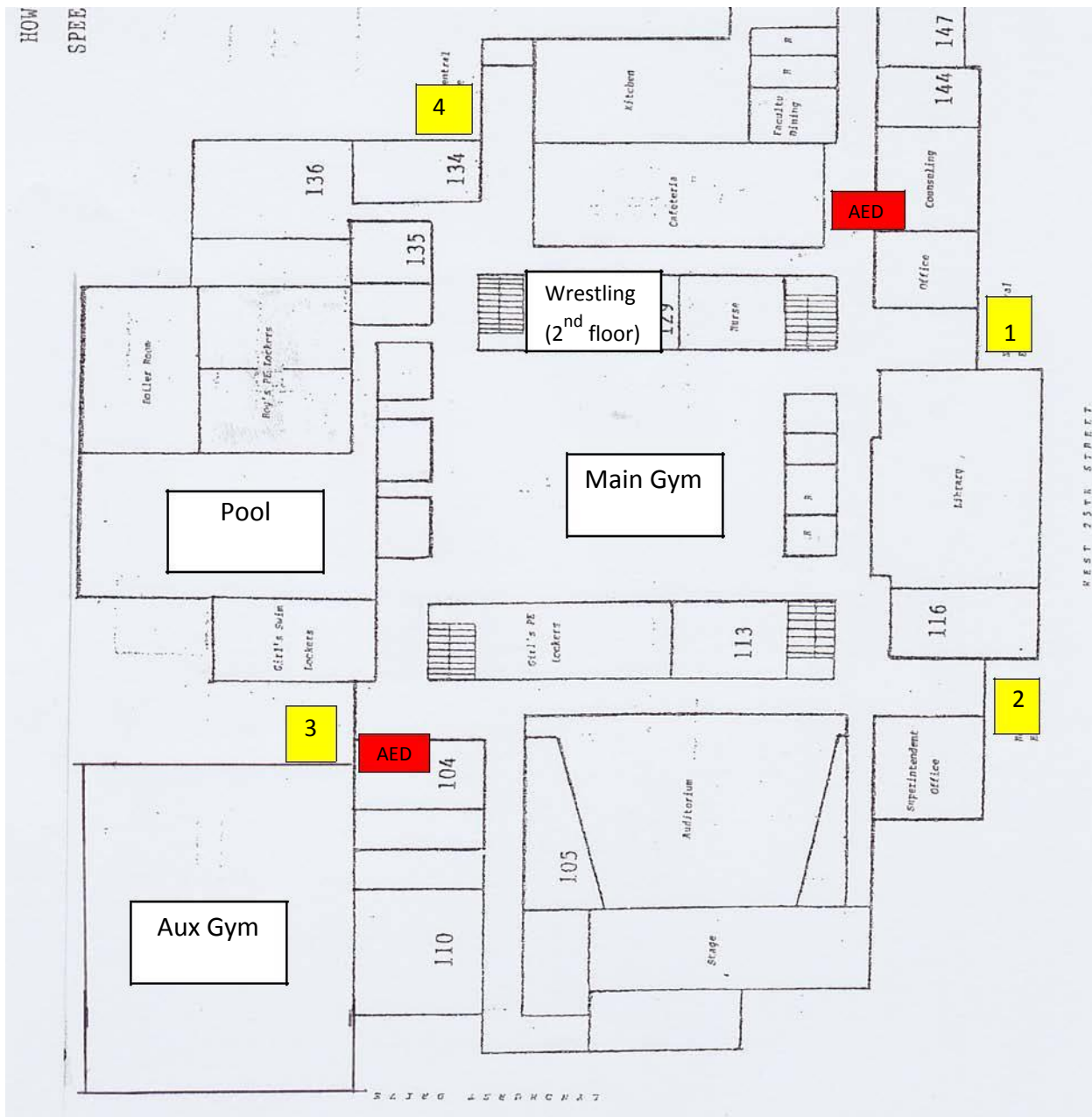
Emergency Equipment: During competitions, supplies are located in the gymnasium (athletic training kit, splint kit, crutches, AED), additional emergency equipment supplies are accessible from the athletic training room located near the gymnasium. An AED will be with the athletic trainer at all events, and additional AEDs are mounted on the walls across the main office and past the double doors near the auxiliary gym.

Roles of First Responders:

1. Immediate care/First aid of injured or ill student-athlete
2. Emergency equipment retrieval
3. Call **9-1-1** (provide name, address, telephone number; number of individuals injured; condition of injured; age and sex of injured; first aid treatment; specific directions; other information requested)
4. Direction of EMS to scene by emergency personnel
 - a. Open appropriate gates (all campus gates are accessible with the use of a master HL key, which is held by all school administrators, athletic directors, coaches, and athletic trainer)
 - b. Designate individual to “flag down” EMS and direct to scene
 - c. Scene control: limit scene to first aid providers and move any bystanders away from area.

Venue Directions – Indoor Facilities: All indoor events will take place inside the school located at 5357 W 25th St. Speedway, IN 46224.

- The **main gymnasium** can be accessed by **any of the 4** entrances, and the
- The **swimming pool** is preferred by entrances **3 & 4**.
- The **auxiliary gym** is best accessed through entrance **3**.
- The **wrestling room** is located on the second floor, and is best accessed by entrance **4**.



Lynhurst Dr.

LIGHTNING SAFETY

- Decisions to remove teams or individuals from practice activities will be made by the certified athletic trainers on staff. In absence of a certified athletic trainer individual sport coaches will have to use their best judgment taking into account the guidelines set forth here.
- Decisions to remove teams or individuals from athletic competition or events will be made by the **certified athletic trainer** in conjunction with the **athletic director** and with the cooperation of **the officials**.

Guidelines for Lightning Safety:

1. Know where the closest "safe structure or location" is to the field or playing area, and know how long it takes to get to that safe area. Safe structure or location is defined as:
 - Any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing during a thunderstorm.
 - In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the metal roof, which dissipates the lightning strike around the vehicle. Do not touch the sides of the vehicle.
 - **The locker rooms under the stadium specifically for the athletes, coaches, officials, game personnel. The cafeteria may also be used for athletes and spectators.**
2. Be aware of how close lightning is occurring. The flash-to-bang method is the easiest. To use this method count the seconds from the time lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away (in miles) the lightning is occurring.
3. As a minimum, National Severe Storms Laboratory (NSSL) and the IHSAA recommend that by the time the monitor obtain a **flash-to-bang count of 30 seconds (6 miles)**; all individuals should leave the athletic site and go to a safe structure or location.
4. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize your body's surface area, and minimize contact with the ground. Do not lie flat.
5. If unable to reach safe shelter, stay away from the tallest trees or objects (such as light poles or flagpoles), metal objects (such as fences or bleachers), individual trees, standing pools of water and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

6. When considering resumption of an athletics activity, NSSL staff & IHSAA recommend that ideally everyone should wait 30 minutes after the last flash of lightning or sound of thunder before returning to the field or activity.

7. If someone should be struck by lightning certified athletic trainer should enable **pre-hospital care** for lightning victim procedure.

- 1. Survey scene for safety.**
- 2. Activate EAP.**
- 3. Carefully move victim to safe area if necessary.**
- 4. Check ABC's**
- 5. Evaluate and treat for apnea and asystole.**
- 6. Evaluate and treat for hypothermia and shock.**
- 7. Evaluate and treat for fractures.**
- 8. Evaluate and treat for burns.**

Heat Illness Prevention

- Preseason Heat-Acclimatization Guidelines for Secondary School Athletics
 - Days 1 through 5 of the heat-acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
 - If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
 - A 1-hour maximum walk-through is permitted during days 1–5 of the heat-acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa).
 - During days 1–2 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, a helmet should be the only protective equipment permitted (goalies, as in the case of field hockey and related sports, should not wear full protective gear or perform activities that would require protective equipment). During days 3–5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin.
 - Football only: On days 3–5, contact with blocking sleds and tackling dummies may be initiated.
 - Full-contact sports: 100% live contact drills should begin no earlier than day 6.
 - Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of

continuous rest. When a double practice day is followed by a rest day, another double practice day is permitted after the rest day.

- On a double-practice day, neither practice should exceed 3 hours in duration, and student-athletes should not participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walkthrough, conditioning, and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
- Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during, and after all practices.

- **Hydration**

- Establish a hydration protocol for athletes
 - Consider: athlete's sweat rate, sport dynamics, environmental factors, acclimatization state, exercise duration, exercise intensity, and individual preferences
- Fluid replacement beverages should be easily accessible
 - Water bottles marked in 100 mL/3.4 fl oz increments to provide visual reminders to athletes to take more than a few gulps
- Athletes should begin all exercise sessions well hydrated
 - Take pre and post-exercise body weight
 - Comparison of urine color
- Pre-Exercise Hydration
 - 2 to 3 hours before exercise drink 500-600 mL/17-20 fl oz of water or sports drink
 - 10 to 20 minutes before exercise drink 200-300 mL/7-10 fl oz of water or a sports drink
- Fluid Replacement During Exercise
 - 200 to 300 mL or 7-10 fl oz every 10 to 20 minutes
- Post Exercise Hydration
 - Ideally completed within 2 hours
 - Water to restore hydration; carbohydrates to replenish glycogen stores; and electrolytes to speed rehydration
- Those supervising athletes should be able to recognize basic signs and symptoms of dehydration:
 - Thirst, irritability, general discomfort, headache, weakness, dizziness, cramps, chills, vomiting, nausea, head or neck heat sensations, and decreased performance
 - Conscious, cognizant dehydrated athletes without gastrointestinal distress can aggressively rehydrate orally

- Athletes with mental compromise from dehydration or gastrointestinal distress should be transported to a medical facility for intravenous rehydration

Indiana High School Athletic Association HEAT INDEX INFORMATION & CHART

The [heat index \(HI\)](#) is an apparent temperature felt by the human body due to the combined effects of temperature and humidity. Most people understand that as the air temperature goes up, so does the heat index. But why does humidity play a role? It's because the body's perspiration cannot evaporate as well when the humidity increases. Therefore, the cooling effects of your sweat are reduced as the humidity rises, and your body is unable to cool itself naturally. Combine high heat and high humidity and you've got trouble!

Although it is convenient to use a single number (the heat index) to describe the apparent temperature your body feels, keep in mind that heat and humidity affect every body (and everybody) differently. Several assumptions are used to calculate the heat index. The heat index assumes that the body is:

- 5' 7" tall.
- 147 pounds.
- At 98.6°.
- Clothed in long trousers and a short-sleeved shirt.
- In shade.
- Walking at a speed of 3.1 mph
- In a breeze of 6 mph.
- Not dripping with sweat.

If any of these factors change, e.g., more exertion, more clothing, and/or more weight, the heat index will change for that individual. For example, if you weigh 250 pounds, are wearing long-sleeved work clothes, and are working outside in the sun, the heat index value you hear reported on the radio is lower than what you are personally feeling.

The rules for minimizing the heat effects are simple:

- Monitor forecasts and advisories for periods of high heat indices.
- Take frequent breaks in the shade.
- Avoid prolonged exertion.
- Drink water often - and drink more than you think you need.



Relative Humidity

Temp.	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
80	80	80	81	81	82	82	83	84	84	85	86	86	87
82	81	82	83	84	84	85	86	88	89	90	91	93	95
84	83	84	85	86	88	89	90	92	94	96	98	100	103
86	85	87	88	89	91	93	95	97	100	102	105	108	112
88	88	89	91	93	95	98	100	103	106	110	113	117	121
90	91	93	95	97	100	103	106	109	113	117	122	127	132
92	94	96	99	101	105	108	112	116	121	126	131	137	143
94	97	100	103	106	110	114	119	124	129	135	137	148	155
96	101	104	108	112	116	121	126	132	135	141	146	160	168
98	105	109	113	117	123	128	134	138	144	150	157	172	181
100	109	114	118	124	129	136	141	147	154	161	168	185	195
102	114	119	124	130	137	143	149	156	164	172	180	199	210
104	119	124	131	137	144	151	158	166	175	184	193	214	226
106	124	130	137	145	153	162	172	182	193	204	216	229	243
108	130	137	144	153	162	172	182	193	205	218	231	245	260
110	136	143	150	161	171	182	194	206	219	233	247	262	278

Category	Heat Index	Possible Heat Disorders for People in High Risk Groups
Caution	80-90	Fatigue possible with prolonged exposure and/or physical activity.
Extreme Caution	91-105	Sunstroke, muscle cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Danger	106-129	Sunstroke, muscle cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Danger	130 or higher	Heat stroke or sunstroke likely.